



WELLNESS CENTER

KNOW BEFORE YOU GO

STAY CONNECTED TO CURRENT WELLNESS CENTER EVENTS.

Hours of Operation:

Monday - Thursday: 8:00am - 6:00pm | Friday: 8:00am - 4:00pm

Call: 856-256-4333 **Fax:** 856-256-4427 **Email:** wellnesscenter@rowan.edu

Mental Health Crisis Support is offered during normal hours of operation.



FOLLOW US!
@RowanUWellness

**FOR CURRENT EVENTS,
VISIT US ON PROFLINK!**



After Hours Emergency:

Wellness Center: 856-256-4333. Follow the prompts to speak to the on-call counselor.

Rowan Police: 856-256-4911 and ask to speak to the on-call counselor.



Register for **FREE** today with your Rowan email!

Student Mental Health & Wellness

- **FREE** and **confidential** teletherapy sessions for Rowan students.
- Schedule appointments nights and weekends and select a time that works with your schedule.

Scan the QR code to get started.



Let's Talk

- Let's Talk is a program that provides easy access to informal, confidential one-on-one consultations with counselors from the Wellness Center.
- Let's Talk is not a substitute for psychotherapy or formal counseling and does not constitute mental health treatment.
- Scan the QR code to view the list of providers and how to schedule an appointment.



Groups and Workshops

Scan the QR code to view the wonderful list of groups and workshops available to students!



Interpretation Services Available

We offer real-time interpretation through Voyce to support students in their preferred language. Let us know if you would like to use this service during your counseling appointment.

NO SHOW FEE:

Students scheduled for a Wellness Center appointment should begin the check-in process 30 minutes before the start of their appointment and be in the virtual or in-person waiting room prior to their appointment. Any student more than 5 minutes late for a scheduled appointment without contacting the WC shall be subject to a \$25 fee and may need to be rescheduled.

PLEASE NOTE: The Wellness Center counselors and Student Health providers are CONFIDENTIAL resources.

REQUEST A THERAPY DOG VISIT



ROWAN THRIVE ADDITIONAL SUPPORT



ROWAN COUNSELING WEBSITE



ALCOHOL AND DRUG SUPPORT



OFF CAMPUS RESOURCES- CALL ANY OF THE FOLLOWING FREE AND CONFIDENTIAL CRISIS HOTLINES 24/7.

- NATIONAL SUICIDE HOTLINE/CRISIS LINE: DIAL OR TEXT 988
- **LGBTQ TREVOR LIFELINE:** 1-866-488-7386
- SERV (SERVICES EMPOWERING RIGHTS OF VICTIMS): 1-866-296-7378
- ADDICTIONS HOTLINE: 1-888-984-0363
- IF YOU IDENTIFY AS A YOUNG PERSON OF COLOR, TEXT THE WORD **STEVE** TO 741741 TO CONNECT TO A CRISIS COUNSELOR.
- IF YOU IDENTIFY AS MUSLIM, TEXT THE WORD **SALAM** TO 741741 TO CONNECT TO A CRISIS COUNSELOR.
- IF YOU IDENTIFY ASIAN, NATIVE HAWAIIAN, OR PACIFIC ISLANDER, PLEASE SCAN THE QR CODE.

