



FALL 2024

# 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.

### What to expect during your consultation with a counselor.

You will receive an email confirmation of your appointment and a link for check-in. You may check-in beginning 30 minutes prior to your appointment, but no later than FIVE minutes past your appointment time. You must check-in and complete the forms first. If your appointment is via telehealth, you will receive a link to the assigned provider's personal Webex room. Please wait in the provider's room lobby for your televisit. In-person visits, students are asked to please wait in the Wellness Center waiting room. You will meet with a counselor for 30-40 minutes. Counselors will ask you questions about your current situation and your safety. For more information about your initial consultation, scan the QR code. **If you miss your appointment, you will be charged a \$10 no-show fee.** Please call the Wellness Center to cancel or reschedule.



### 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.
- Although Let's Talk counselors are Wellness Center professionals, it is not a substitute for psychotherapy or formal counseling and does not constitute mental health treatment.
- To view the list of providers and how to schedule an appointment, scan the QR code.



### Groups and Workshops

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



**PLEASE NOTE: The Wellness Center counselors and Student Health providers are CONFIDENTIAL resources. We do not bill health insurance for services provided.**

UWILL  
TELETHERAPY



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.

