



FALL 2023

WELLNESS CENTER

KNOW BEFORE YOU GO

STAY CONNECTED TO CURRENT WELLNESS CENTER EVENTS.

Fall 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



FOLLOW US!
@RowanUWellness

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



After Hours Emergency:

Public Safety: 856-256-4911 **Wellness Center:** 856-256-4333 and follow the prompts 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
TELE THERAPY



REQUEST A
THERAPY
DOG VISIT



ROWAN THRIVE
ADDITIONAL
SUPPORT



ROWAN
COUNSELING
WEBSITE



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.