

The Wellness Center's Counseling and Psychological Services

WHAT TO EXPECT DURING YOUR CONSULTATION

The Wellness Center is glad that you are here and scheduled for your initial consultation _____.

You will be meeting with a counselor for 30-40 minutes. Counselors will ask you questions about your current situation and your safety.

Please understand that today's meeting is not a therapy session. The purpose is for the counselor to understand your needs so that we can discuss our recommendations going forward. Recommendations may include groups and/or workshops, brief counseling, or referral to an outside agency. If you do not choose to follow through with our recommendations we are happy to provide you with community resources. Because today's meeting is brief, we will focus on your greatest concerns and discuss the options that best meet those needs.

The Wellness Center is committed to continuing to offer students the best possible service, including our expanded groups/workshops and Let's Talk drop in services throughout Glassboro.

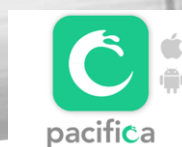
IN THE MEANTIME...SELF CARE TIPS & TRICKS

Self-care is an important component of one's overall sense of well-being today and every day. We look forward to meeting with you to discuss your goals. In the meantime, we encourage you to follow these suggestions for improving your health and well-being:

- ◆ Exercise can help to improve mood. Walk, run, bike – anything to get moving and release these endorphins.
- ◆ Eat healthy. Your body needs food in order for your mind to function well.
- ◆ Use supports—stay connected with people who you can talk to.
- ◆ Sleep for at least 7 hours. Go to bed and get up at regular times, even if you are tired in the morning. This routine can help you to regulate your sleep/wake cycle and regulate your moods.
- ◆ Avoid alcohol and other drugs. While they may seem to give you some temporary relief, they will worsen how you feel and can intensify your symptoms.
- ◆ Keep to a routine of getting up, getting dressed, going to classes, studying, etc., even if you do not feel like it. Sometimes just doing the routine can help you feel better.
- ◆ Live in the present. Think about what you need to do in the next hour or two.

Practice relaxation:

- ✧ Check out Rowan University's Recreation Center or the Interfaith and Spiritual Exploration Center for Yoga, meditation, and exercise classes.
- ✧ Learn how to practice relaxation via YouTube videos
- ✧ Check out these Apps for mindfulness and mental health support:



If you are having serious thoughts of killing yourself or hurting someone else go to the nearest Emergency Room or call 911.

ADDITIONAL INFORMATION

LET'S TALK

A service that provides easy access to informal, confidential consultations with a counselor.
No appointment necessary.

Hours & Locations

Glassboro Campus

- ◆ Tuesdays - 3:30 - 5:00pm
- ◆ Wednesdays - 2:30 -4:00pm

Savitz Hall 3rd Floor/Academic Success Ctr
Hawthorne Hall SJIRC

Groups/Workshops

- ◆ Anxiety Toolbox
- ◆ A Life of Substance
- ◆ Therapeutic Yoga
- ◆ Defense Against Stressful Thoughts
- ◆ RODB Skills Class
- ◆ DBT Skills
- ◆ Getting Unstuck
- ◆ Grief
- ◆ LGBTQ+
- ◆ General Therapy
- ◆ And many more...

Visit the Wellness Center at Winans Hall to schedule a consultation with a counselor, the Center hours while classes are in session are as follows:

- ◆ Mondays 8am-6pm
- ◆ Tuesdays 8am-6pm
- ◆ Wednesdays 8am-8pm
- ◆ Thursdays 8am-6pm
- ◆ Fridays 8am-4pm

*see www.rowan.edu/wellness for hours during Winter, Spring and Summer breaks.

TAO – THERAPY ASSISTANCE ONLINE

TAO is a digital platform of tools and materials to help you conquer day-to-day struggles around general stressors. TAO can be helpful for those who are coping with anxiety, depression, relationship struggles, stress, etc. You can access this free and private resource with your Rowan email 24/7!

1. Click on the “sign Up in the Self-Help with an Institution” at: ThePath.TAOconnect.org
2. Click on “Sign Me Up”
3. Fill out your information and Click “Sign me up!” and you are ready to go!

After normal business hours:

- ◆ Call **856-256-4333** to speak with an on-call counselor who is available for emergent phone consultation and crisis intervention.
- ◆ Call Public Safety at **856-256-4922**. Public Safety can connect you with an on-call counselor.

Off Campus Resources

- ◆ Call any of the following 24/7 free and confidential crisis hotlines.
 - National Suicide Hotline: 1-800-273-TALK(8255)
www.Suicidepreventionlifeline.org
 - LGBTQ Trevor Lifeline 1- 866-488-7386
 - SERV (Services Empowering Rights of Victims):
1-866-295-7378
 - Addictions Hotline: 1-888-984-0363 www.24houraddictionhelp.org
 - If you self-identify as a young person of color who is feeling stressed, depressed, or anxious, please know you can text the word STEVE at 741741 to connect with a trained crisis counselor 24/7. www.stevefund.org/crisistextline