

**A message from your Student Wellness Program: 973-972-5429**

**What is the Student Wellness Program?**

The **Student Wellness Program (SWP)** is a **free, confidential** counseling service which helps students deal effectively with stressors and other pressures related to graduate school, as well as personal problems that might impact one's academic performance (e.g., problems within one's home or academic setting).

**How confidential is the SWP?** Confidentiality is paramount to providing effective student services. Therefore, information regarding a student will not be released to anyone without written consent from the student. Additionally, because the SWP is independent from the medical school, the SWP doesn't share any university-wide databases and/or central filing systems.

**Who is eligible for services?** The Student Wellness Program services are available to all students enrolled in academic programs at participating schools on the Piscataway, Stratford/Camden and Newark campuses. Additionally, services are available to family members who reside within your household.

**What types of concerns might warrant a student using the SWP?** The SWP provides assessment, counseling and referral services. Areas that the SWP can help with include, but are not limited to the following: Personal problems, test taking anxiety, school related stress/anxiety, problems with relationships, family issues, eating disorders, alcohol & drug use, and problems with depression.

**Is there a fee for using the SWP?** **"NO"**. The SWP services are free to you as a student, and to those members of your household who reside with you.

**\*Where is the Student Wellness Program located?** The SWP has sites located on the Piscataway, Stratford/Camden and Newark campuses. In Piscataway, the SWP is easily accessible (e.g., approximately 2.4 miles from the main Piscataway Campus) as listed below:

**UMDNJ-University Behavioral HealthCare  
183 South Orange Avenue  
"C" level  
Newark, NJ 07101**

**How can I obtain an appointment?** Appointments may be scheduled Monday to Friday from 9:00 a.m. to 5:00 p.m. during the day, and evening appointments are also available (e.g. Monday to Thursday up until 8:00 p.m.). For an appointment in **Piscataway**, call **732-235-5933**; for **Camden**, call **856-770-5750**, and for **Newark**, call **973-972-5429**. Please identify yourself as a Student when requesting an appointment.

**Also, for crises after normal business hours, please call for the Newark Campus: 973-623-2323**