

# Student Wellness Program

Piscataway 732-235-5933 ♦ Stratford/Camden 856-770-5750 ♦ Newark 973-972-5429 ♦ 24 Hour Crisis 1-800-327-3678

## What is the Student Wellness Program?

The Student Wellness Program (SWP), is a confidential counseling service which helps students deal effectively with stressors and pressures related to school, as well as personal problems that may affect their well-being, their home lives and/or their academic performance. Services are provided by the University Behavioral HealthCare staff. Hence, they are independent of your school.

## What services are available?

- ♦ Free confidential counseling
- ♦ Short term and focused individual, couples and family counseling.
- ♦ Crisis intervention.
- ♦ Prevention oriented groups and workshops on relevant topics, e.g. stress management.
- ♦ Assessment and referral for specialized substance abuse treatment.
- ♦ Training and consultation to peer support counselors, faculty & staff.

## Is the SWP really confidential?

Confidentiality is paramount in providing student services. Therefore, information regarding a student will not be released to anyone without written consent from the student. In accord with state laws, exceptions must be made in certain circumstances involving your safety or the safety of others. In addition, all SWP records are physically kept separately from all other UMDNJ/hospital/UBHC records and are not included in the UBHC patient database.

Staff providing services to students do not hold any role in decisions affecting a student's status in school.

## Who is eligible for services?

Student Wellness services are available to all students enrolled in programs at participating schools on the Piscataway, Stratford/Camden, Scotch Plains and Newark campuses as well as to members of their household.

## Is there a fee for using the SWP?

NO. Your school pays for the sessions with your SWP counselor. If you are referred for assistance to another professional or program in the community, fees for that service will be your responsibility. Also, your health insurance may cover a significant portion of any fees that you encounter. Your ability to pay is taken into consideration before any referral is made.

## How do I obtain services from the SWP?

Day and evening appointments are available Monday through Friday; crisis services are available 24 hours a day 7 days a week.

Please call between the hours of 9:00 am and 5:00 pm Monday through Friday to make an appointment. For an appointment in Piscataway, call (732) 235-5933; for Stratford/Camden, call (856) 770-5750; for Newark, call (973) 972-5429. Please identify yourself as a Student when requesting an appointment.

For crises after normal business hours, call 1-800-327-3678.