

**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 you for an initial consultation on _____

ALL INITIAL CONSULTATION APPOINTMENTS FOR FALL 2021 WILL BE HELD VIA **TELEHEALTH**. You will receive an email confirmation of your appointment including a link for **virtual check in**. You may check in beginning **30 minutes before** your appointment, but **no later than 5 minutes** past your appointment time. **You must check in and complete the forms first**. Once you virtually check-in, next, visit the assigned provider's personal room in Webex and wait in the provider's meeting room lobby for your televisit.

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

Please understand that the initial consultation 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 the consultation is brief, we will focus on your greatest concerns and discuss the options that best meet those needs. **IF YOU ARE UNABLE TO MAKE YOUR APPOINTMENT, PLEASE CONTACT THE WELLNESS CENTER THE MORNING OF YOUR APPOINTMENT AT 856-256-4333.**

LET'S TELETALK

Let's Talk has gone virtual just for you. Let's Talk is a program that provides easy access to informal, confidential one-on-one consultations online with counselors from the Wellness Center via Webex.

Let's Talk is only available at the times listed below. If interested, please self-schedule an appointment through the Online Wellness Link (OWL) at <https://studenthealth.rowan.edu>. You will receive an email that provides a link to check in remotely. After signing a consent, you will need to go back to your email to use another link to be connected to the counselor's waiting room. If there is a wait, they are with another student and will be with you as soon as possible.

**Mondays 2pm-4pm
Tuesdays 10am-12pm
Wednesdays 2:30pm-4:30pm
Thursdays 10am-12pm
Fridays 12pm-2pm**

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**. If appropriate, Let's Talk counselors can help students determine if formal counseling is something to consider and assist in making an appointment.

Groups/Workshops

- ◆ Anxiety Toolbox
- ◆ A Life of Substance
- ◆ RODBT Skills Class
- ◆ DBT Skills
- ◆ Getting Unstuck
- ◆ Grief
- ◆ Queer Collective
- ◆ General Therapy

Wellness Center at Winans Hall hours while classes are in session are as follows:

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

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

**If you are having serious thoughts of killing yourself or hurting someone else
call the Wellness Center at 856-256-4333, Public Safety at 856-256-4911, call 911 or go to the
nearest Emergency Room.**

IN THE MEANTIME...

Healthy Campus Initiatives

- **Stress & Anxiety Student Support-**
Mondays at 2p- Chat virtually with other students about dealing with stress in college.
- **Chill n Chat (Virtual)**
Fridays at 11a- Make friends, chat about life, and meet other students

**Visit ProfLink for Info and to register
(must be logged in to view)**

Shreiber Family Pet Therapy Program

- **Individual Virtual Pet-Therapy**
Schedule a session with one of the dogs & it's handler! (24hr notice preferred) For appointments email: pich@rowan.edu or PetTherapy@rowan.edu
- **Yappy Hour**
Join the dogs and handlers for some pet therapy in a virtual group setting. Visit go.rowan.edu/YappyHour for Dates/ Times.

TogetherAll

- TogetherAll is a leading online mental health service that provides millions of people access to community and professional support 24 hours a day, 365 days a year.
- Through TogetherAll, Rowan students can access FREE, 24/7 online peer-to-peer support, connecting with others who are experiencing similar struggles and support one another through their shared lived experiences with stress, anxiety, isolation and other common mental health challenges.
- To access the service, go to the mobile-responsive webpage, www.togetherall.com and enter your Rowan email address to register.

Better You

Rowan University has partnered with BetterYou to help put your personal wellness front and center. **BetterYou is a mobile app that helps you set wellness goals, automatically logs your progress, and provides encouragement** if you fall behind. Being well with BetterYou is more than just how it makes you feel - you can also **earn gift cards** and rewards for hitting wellness milestones! The BetterYou app is free to use for the first 1,000 Rowan students and/or faculty/staff that sign up, because Rowan has already paid for you to use it. Download [BetterYou for Android](#) Download [BetterYou for iOS](#)



If you are in Crisis and it is after normal business hours:

- ◆ Call [856-256-4333](tel:856-256-4333) to speak with an on-call counselor who is available for emergent phone consultation and crisis intervention.
- ◆ Call Public Safety at [856-256-4911](tel:856-256-4911). 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 identify as a young person of color you can text the word STEVE at 741741 to connect with a trained crisis counselor 24/7. www.stevefund.org/crisistextline

