

Your SWP

Medical School can be viewed as a challenging experience.

In recognition of this, Student Wellness services are available to students to assist them in adjusting to the stressors and pressures of medical school education. Areas that the SWP can help with include, but are not limited to:

- School related stress/anxiety
- Problems with relationships
- Family issues
- Test taking anxiety
- Alcohol, drug use
- Personal problems
- Eating disorders

The SWP provides assessments, counseling and referral services. A phone call will put you in touch with our staff who will assist you in making an appointment at one of our offices. Evening hours are available.

University of Medicine & Dentistry of New Jersey
University Behavioral HealthCare
STUDENT WELLNESS PROGRAM

Piscataway Campus:

UMDNJ-University Behavioral HealthCare
Student Wellness Program
671 Hoes Lane
Piscataway, NJ 08855

and

501 Hoes Lane, Suite 202
Piscataway, NJ 08854
(732) 235-5933

*Psychiatrist
Available*

Stratford/Camden Campus:

UMDNJ-University Behavioral HealthCare
Student Wellness Program
One Echelon Plaza, Suite 101
227 Laurel Road
Voorhees, NJ 08043
(856) 770-5750

*Psychiatrist
Available*

Newark Campus:

UMDNJ-University Behavioral HealthCare
Student Wellness Program
183 South Orange Ave.
Newark, NJ 07103
(973) 972-5429

*Psychiatrist
Available*

For emergencies after 5 p.m. or on weekends, call 1-800-327-3678



University of Medicine & Dentistry of New Jersey
University Behavioral HealthCare

Student Wellness Program

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.