



RESIDENT WELLNESS

Resident Village is a free virtual community by residents, for residents, that was born on the front lines of the COVID-19 pandemic. Out of collective suffering rose a spirit of solidarity between Rutgers residents across all specialties. At Resident Village you can join a virtual peer support group, learn COVID-specific CBT techniques, come to virtual happy hour, do yoga and meditation, share recipes, journal prompts, residency survival stories and more.

Join now via the **Slack App** to get started.



Resident Wellness Program

NJMS Resident Wellness and Excellence Center

Are you aware that there are resources for you right here on the Newark campus?

The Resident Wellness & Excellence Center is located at the University Behavioral Health Care, 183 South Orange Avenue. To schedule a confidential appointment, call 973-972-5429.

*The Resident Wellness & Excellence Center provides free and unlimited confidential individual, couples, and family counseling services for residents. Aimed to help residents (**and their families**) deal effectively with stressors and pressures related to work, and other personal issues which may affect well-being.*

<https://ubhc.rutgers.edu/rwp/overview.xml>

Additional resources:

National Suicide Prevention Lifeline

- 1-800-273-TALK (8255)

Lifeline Chat Service also available 24/7

- <https://suicidepreventionlifeline.org/chat/>

NJ Hopeline: 1-855-654-6735

Please take a moment to view the short video below that explains this national crisis in healthcare:



The NJMS Resident Wellness Committee is committed to raising awareness on depression, preventing self-harm and stress management, and to share invaluable resources available for FREE to all residents and fellows at Rutgers.

*Sincerely,
Resident Wellness Committee
Rutgers New Jersey Medical School*