









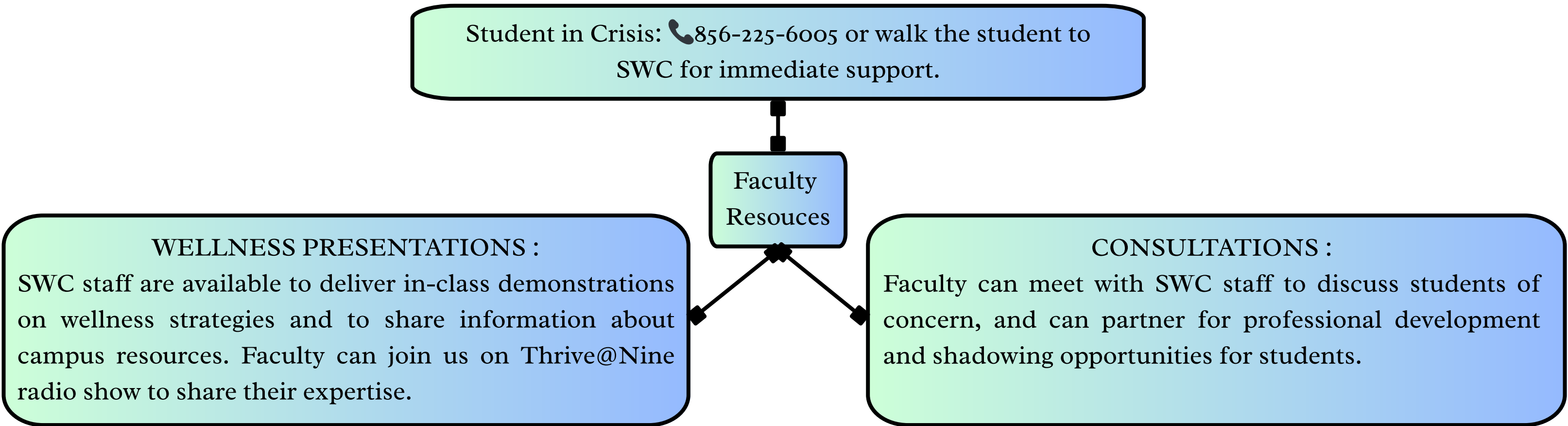
# Rutgers–Camden Student Wellness Center: Resource Guide.

The Student Wellness Center at Rutgers–Camden provides comprehensive medical, mental health, and wellness services to support student success. All full-time students are eligible, and part-time students can opt in by paying the student health fee.

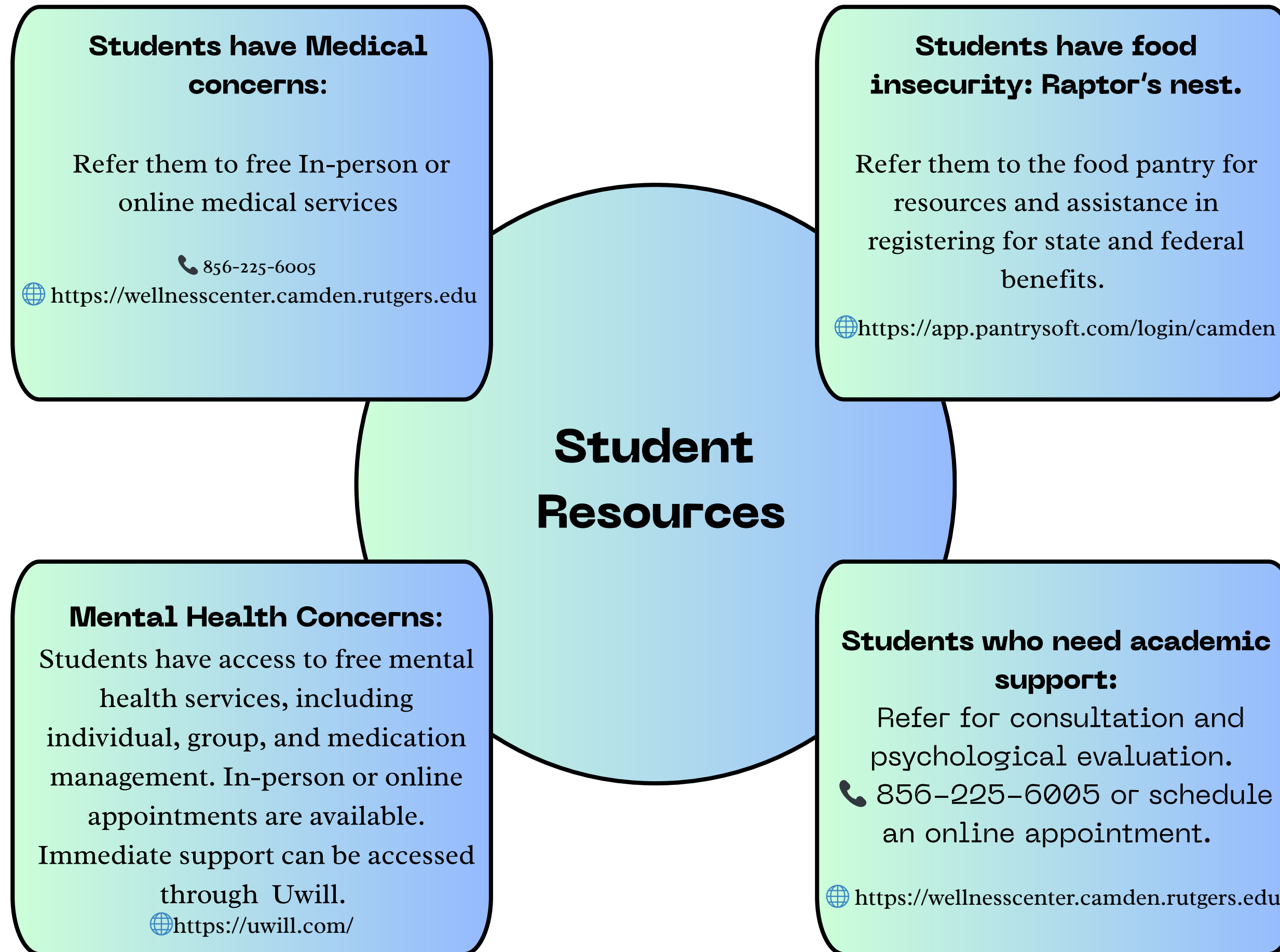
## Contact Information

-  Location: 2nd Floor, Campus Center.
-  Phone: 856-225-6005 (Call or walk in for appointments)
-  Website: <https://wellnesscenter.camden.rutgers.edu>
-  Emergency: Call 911.
-  24-Hour Nurse Line: 1-800-424-5090.
-  Mental Health Crisis (after hours): Uwill.com | 833-646-1526
-  National Suicide Support: 988.
-  Rutgers University Police Department (RUPD) at 856-225-6009

## What to do if :



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# Wellness, Stress Management & Student Resources:

The SWC collaborates with campus partners (Residence Life, Disability Services, Athletics, student organizations, etc.) to host workshops, wellness fairs, and other initiatives that support student well-being.

- Wellness Wednesdays – Weekly events during free periods that offer social connection, stress reduction, (e.g., Relaxation Stations (games, coloring, therapy dogs, and several more), and mental health tips.
- HealthElivin.org – Self-screening tools & resources to check your mental health & coping strategies.
- Togetherall.com – Anonymous peer support community, moderated by professionals.
- Relaxation station (AR Connex)- Download the app, scan the image, and relax.

## Important reminders :

- Confidentiality is respected; records are private.
- Students with chronic health conditions should book an appointment early, even if they are continuing with outside providers.



HealthElivin.org



Togetherall.com



Uwill.com



Relaxation station



Website



Instagram



Engage