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.
- **4** 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:

Student in Crisis: \$856-225-6005 or walk the student to SWC for immediate support.

Faculty

Resouces

WELLNESS PRESENTATIONS:

SWC staff are available to deliver in-class demonstrations on wellness strategies and to share information about campus resources. Faculty can join us on Thrive@Nine radio show to share their expertise.

CONSULTATIONS:

Faculty can meet with SWC staff to discuss students of concern, and can partner for professional development and shadowing opportunities for students.

What to do if:



Students have Medical concerns:

Refer them to free In-person or online medical services

856-225-6005

https://wellnesscenter.camden.rutgers.edu

Students have food insecurity: Raptor's nest.

Refer them to the food pantry for resources and assistance in registering for state and federal benefits.

https://app.pantrysoft.com/login/camden

Student Resources

Mental Health Concerns:

Students have access to free mental health services, including individual, group, and medication management. In-person or online appointments are available.

Immediate support can be accessed through Uwill.

https://uwill.com/

Students who need academic support:

Refer for consultation and psychological evaluation. 856-225-6005 or schedule an online appointment.

https://wellnesscenter.camden.rutgers.edu

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