

Rutgers Undergraduate Student Resource Guide

Rutgers offers a wealth of resources to support students.

Mental Health, Counseling & Crisis Support

[Counseling, Alcohol and Other Drug Assistance Program & Psychiatric Services \(CAPS\):](#)

Counseling services that create individualized action plans for each student based on their unique needs. Call 848-932-7884 for immediate support

- **[Alcohol and Other Drug Assistance Program \(ADAP\):](#)** Provides counseling and information for students who are concerned about their drinking or use of other drugs, or those of a friend or family member.
- **[Clinical Case Management:](#)** A direct service, helping students build skills and navigate systems, especially when in a crisis
- **[Psychiatric Services & Medication Management:](#)** Enrolled Rutgers students are eligible to be seen by CAPS Psychiatry. If you and your provider agree that you should begin medication, CAPS can support with follow-up appointments.
- **[Let's Talk:](#)** A free and confidential service that provides students with opportunities to attend an informal consultation with a counselor to discuss personal concerns in a comfortable and non-judgmental setting.

[Graduate School of Applied and Professional Psychology General Assessment Clinic:](#)

Students can request a Comprehensive Assessment of Mental Health and Academic Functioning or Comprehensive ADHD Evaluations that also assess Anxiety and Depression.

[University Behavioral Health Care \(UBHC\):](#) Rutgers is home to UBHC, which provides the broadest range of services in New Jersey, including inpatient, outpatient, and community-based services. Call (800) 969-5300 to get connected to care.

[Recovery Housing:](#) A 12-month, on-campus housing option for students in recovery from alcohol and/or drug dependence.

[Tobacco Dependence Program \(TDP\):](#) Rutgers-TDP provides expertise on quitting smoking, offering students the opportunity to receive evidence-based treatment, meet with trained experts, learn about tools to help you quit, ask questions, and participate in one-on-one or group support offerings.

Physical Health, Recreation & Stress Management

[Rutgers Recreation:](#) Offers access to fitness classes and resources across Rutgers campuses.

- **[GO Outdoors program:](#)** Provides the Rutgers University community with adventure-oriented activities.

Physical Health, Recreation & Stress Management Cont'd

- **Intramural Sports**: Rutgers Recreation hosts over 50 intramural sports leagues throughout the year.
- **Club Sports**: Rutgers has 55 club sports organizations!

Exercise is Medicine: A program working to promote physical activity as a vital sign of health.

Rutgers Student Health Resources: Access guided exercise and meditation, self help apps, online health screenings, and home rehabilitation exercise videos to help manage day-to-day stress or use periodically when you feel overwhelmed.

ScarletWell: A holistic wellness initiative providing programs, resources, and initiatives to support the wellness of the Rutgers-New Brunswick community.

Scarlet Arts Rx: A free arts and well-being program for all Rutgers-New Brunswick students. They've developed a [Walking Map](#) to get you moving as you engage with the arts.

Wellness Coaching: Rutgers offers access to trained wellness coaches to help you troubleshoot obstacles, come up with strategies to improve your life, provide support and motivation, and help you reach your goals.

Wellness Rooms: Residence Life-Student Support manages two wellness rooms on campus where residents can attend wellness programs and activities hosted by the Residential Care Team.

Massage Therapy: Rutgers offers personalized massage therapy sessions to support stress reduction, circulation, and overall wellness. Student and member pricing is available, and accommodations made for individual needs and allergies.

Academic, Career & Financial Success

Rutgers Writing Center: Provides tutoring to undergraduate students

Rutgers Learning Centers: Provides free academic support services and instructional resources

Office of Disability Services: Provides reasonable academic accommodations for students with disabilities

College Support Program: Provides neurodiverse students with skills and strategies to achieve success in educational and workplace environments

Career Exploration and Success: Rutgers offers a host of resources to support students with identifying and succeeding in their future careers, including advising, career communities, connections to employers, among others.

- **Rutgers Handshake:** This platform allows students to access thousands of job and internship listings, schedule appointments with career advisers, read employer reviews, network with recruiters, register for events, access exclusive online resources, and more.
- **First-Year Interest Group Seminars:** Each year, a talented group of students develop engaging one-credit courses that introduce first-year students to dozens of exciting fields and to a wide range of involvement, academic, and professional development opportunities at Rutgers.

ScarletSense: A dynamic and all-encompassing money management toolkit tailor-made for the Rutgers student community. Comprising a diverse array of resources, including engaging in-person workshops, enlightening seminars, and an interactive online hub of self-paced modules.

Rutgers Personal Finance Club: A club committed to promoting financial independence, flexibility, and stability to undergraduate students by providing resources to develop financial literacy.

Student Life, Leadership & Engagement

Volunteering: Rutgers offers a variety of volunteer opportunities both on-campus and throughout the greater New Brunswick/Piscataway communities

- **getINVOLVED:** Serves as a way to obtain information on volunteer opportunities and track your volunteer hours
- **RCommunity:** An online platform utilized to list, find, organize, promote, document service, and measure the impact of engagement in the community
- **Student Health Peer Educators:** Peer Educators are trained by professional Rutgers staff to engage their peers in relevant and relatable discussions on issues of health and wellness.

Leadership: Rutgers offers many ways to become a leader on campus.

- **Lead Up Academy:** Enhances leadership skills to help students stand out to future employers
- **Leader Corps:** Receive training to facilitate high-impact experiences for your peers and inspire action in your community
- **Rutgers University Programming Association:** Join a team that plans campus-wide events, builds community, and creates unforgettable moments for fellow Scarlet Knights
- **Rutgers University Student Assembly:** Join student government to represent your fellow undergraduates by engaging with administrators, stakeholders and legislators to advance student interests
- **Late Knight:** An evening programming initiative that provides fun, safe, and engaging opportunities for students on Fridays in Rutgers Student Centers.

Identity & Inclusion

Cultural Center Collaborative: Facilitates interactive learning, promotes self-awareness, fosters leadership development, encourages dialogue, and challenges traditional notions of diversity and inclusion while working with undergraduate and graduate students, staff, faculty, alumni, and the New Brunswick / Piscataway community.

RU1ST: Supports first-generation student success through transition support, academic advising and support, leadership experiences, and educational opportunity grants.

Faith and Spirituality Initiatives: Students of all beliefs and traditions are welcome at Rutgers. Rutgers offers more than 40 student organizations dedicated to religions and religious-cultural interests, more than 25 recognized chaplaincies, interfaith prayer/meditation rooms across campuses, and a Multifaith Council that promotes an inclusive atmosphere for the pursuit of intellectual and spiritual truths.

Prevention, Safety & Legal

Do Something: Rutgers is a community that cares. We DO SOMETHING when we are concerned about one of our community members. You can anonymously share your concerns, whether it be related to substance use, mental health/emotional state, aggressive behavior, among others via online forms or text 848-315-1766.

Free Narcan: Naloxone, brandname Narcan, is a nasal spray medication used to rapidly reverse opioid overdose. Rutgers encourages students to pick up Narcan at locations across its campuses

Rutgers Office for Violence Prevention and Victim Assistance (VPVA): The office provides confidential advocates available 24/7 if you or someone you know has experienced sexual violence, dating violence, or stalking (Call 848-932-1181).

- **Bystander Intervention training:** VPVA trains students on how to be positive, active bystanders and intervene when necessary to change the possible outcome of a potentially harmful situation.

Title IX: The Office of Student Affairs Compliance & Title IX strives to provide a campus environment free from all forms of sexual misconduct. Students are able to submit reports of misconduct to this office and receive training and education.

Basic Needs Center: a comprehensive hub available to support students facing challenges accessing essential resources including food, housing, clothing, childcare, mental health services, financial resources, and transportation.

Student Legal Services: Rutgers University Student Legal Services (RUSLS) provides Rutgers University-New Brunswick students with professional legal advice and assistance at no cost by attorneys licensed to practice in the State of New Jersey. Services Include Legal Consultation, Notary Services, Attorney Referral, Community Outreach & Education, and Pre-Law Advising.

Important Policies

Medical Amnesty: You should ALWAYS seek medical attention for yourself or others in case of a substance-related emergency. No student seeking medical treatment for the effects of drug or alcohol use will be subject to university discipline for violations pertaining to drug or alcohol possession/use as outlined in the University Code of Student Conduct.

Sanctions for Alcohol- and Drug-Related Violations: Rutgers has clearly stated policies regarding personal possession, consumption, and/or distribution of alcohol and other drugs. Make sure to familiarize yourself with these policies.

For additional student resources, visit [Rutgers-New Brunswick Office of Student Affairs](#)

College is a balancing act with classes, work, friends, family, finances and mental health. Frequent substance use, like drinking alcohol or using other drugs including cannabis can make that balance harder.

Students who use alcohol or other drugs more frequently are more likely to:

- Have lower GPAs
- Skip more classes
- Feel less motivated
- Have problems staying enrolled and completing educational goals

Here are some strategies you can use to reduce your risk of experiencing substance use problems:

- **Eat a meal before you start!** Having food in your stomach slows the absorption rate of alcohol and edibles, making the effects feel smoother and more sustained.
- **Plan substance-free days.** The fewer days in a row you use alcohol or other drugs, the better because regular use is habit-forming. If you use alcohol or other drugs every day, try cutting back to every other day, or try not using at all for two to three days. Make sure you have in mind other ways to spend your time and energy, so you don't end up sitting around thinking about how you miss getting buzzed.
- **Manage your "triggers."** If certain people, places, or activities tempt you to drink or use more than you planned, you can avoid those triggers. For example, instead of going to a party with your friends, suggest catching up at lunch instead. You may also want to remove certain alcohol or other drug products from your space.
- **Make a plan for dealing with cravings.** For example, when you feel the urge to drink or use other drugs, set a timer for 15 to 20 minutes and try waiting before using. The short delay may reduce your craving, and several delays can add up to an overall decrease in use.
- **Find support.** Ask for support from a friend, family member, healthcare provider, or through other Rutgers campus resources who will support your choice to drink or use other drugs less. Call Counseling, Alcohol & Other Drug Assistance Program & Psychiatric Services (CAPS) to access counseling services at 848-932-7884. For non-immediate support you can always submit a question to CAPS through the [Rutgers Student Health Contact Form](#).
- For more information on substance use visit the [RARC Website](#).

