

OUR MISSION

Rutgers Health: University Behavioral Health Care is dedicated to a mission of excellence that includes, the delivery of evidence based and compassionate behavioral health and addiction services to individuals and families across New Jersey, advancing the science through programmatic research, and educating the next generation of health care professionals.



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



Locations:

183 South Orange Avenue,
Suite D1414, D1412
Newark, New Jersey

227 Laurel Road
Suite 101, Echelon Plaza
Voorhees, New Jersey

242 Old New Brunswick Road
Suite 330
Piscataway, New Jersey



(800) 327 - 3678



RUTGERS HEALTH

University Behavioral Health Care

Employee Assistance Program
Student Wellness Program

Employee Assistance Program



ubhc.rutgers.edu



Why EAP?

Our days are filled juggling work, family and countless responsibilities, often making it difficult to find time to focus on our own well-being. Too often, ensuring our own health gets pushed to the bottom of the list. Left unattended, it may impact our mood, our relationships with friends, family and colleagues and our ability to become the best versions of ourselves.

Prioritizing our mental health can feel like an impossible task. But it's more important now than ever.

Rutgers University Behavioral Health Care (UBHC) Employee Assistance Program (EAP) is available to support you in your journey to mental health and wellness.

EAP Services

- Short-term, solution focused counseling provided by licensed mental health clinicians, available for work and non-work-related issues
- Work-related management consultations
- Access to a robust wellness app, offering podcasts, webinars, 1000's of curated articles, discount marketplace, and more!
- Referrals to treatment
- Workshops and trainings for topics such as stress management, communication skills, creating high performing teams,

Call us at
(800) 327 - 3678

Accessibility

All services are CONFIDENTIAL and offered at NO CHARGE. To ensure confidentiality, an EAP-specific electronic medical record (EMR) is used. Services are available to employees and their household members.

Services are available via telehealth or in-person at any of our locations as follows:

Monday through Thursday 8:30 am - 8:00 pm
Friday 8:30 am - 5:00 pm

Call **988** for urgent or emergent matters



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