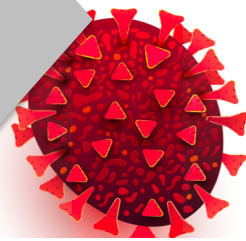


PSYCHOLOGICAL SERVICES DURING COVID-19



Psychologists around the nation have moved to telehealth platforms in order to continue to safely provide psychological services to the community. On March 22, 2020, Governor Murphy of New Jersey announced department actions to expand access to telehealth and telemental health services in response to COVID 19, increasing access to mental healthcare for New Jersey residents. See press release, [here](#), and New Jersey Psychological Association Statement, [here](#).

RESOURCES FOR RUTGERS STUDENTS

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

Contact CAPS: **848-932-7884**

- Beginning Monday, March 23, 2020, CAPS will provide all services remotely. All physical CAPS building are closed.
- Initially services will be offered by phone.
- Information about video chats is forthcoming.
- Let's Talk, our informal consultations, will remain available by phone only. Students should call 848-932-7884, and choose option 2.
- Use of the Patient Portal to schedule appointments with CAPS is currently suspended.

EMERGENCY PSYCHIATRIC SERVICES

[Rutgers University Behavioral Health Care Acute Psychiatric Services \(APS\) Middlesex County](#)

Designated Screening Services – Middlesex and Essex Counties

Middlesex #: **1-855-515-5700**

Essex #: **973-623-2323**

- 24/7 access to emergency evaluations for individuals of all ages at imminent risk of harm to self or others due to a mental health condition.
- 24/7 availability for outreach evaluations in community settings including consumer home location.
- Referral and linkage to appropriate aftercare including outpatient treatment, partial hospitalization, substance abuse treatment, voluntary hospitalization, and involuntary hospitalization.
- Linkage to case management and family support as appropriate.

FOR A LIST OF PSYCHIATRIC EMERGENCY SCREENING SERVICES BY COUNTY CLICK [HERE](#)

STATE AND NATIONAL CRISES HOTLINES

The following agencies provide free and confidential counseling, emotional support, local referrals, and other resources to help you cope in times of distress.

- [NJ Hopeline \(Suicide Prevention\)](#)
Available 24/7
1-855-654-6735
To chat online visit:
<http://njhopeline.com/>
- [National Suicide Prevention Lifeline](#)
Available 24/7
1-800-273-TALK (8255)
To chat online visit:
<https://suicidepreventionlifeline.org/chat/>
- [National Crisis Text Line](#)
Available 24/7
Text **KNIGHTS** to **741741**. To speak with a counselor of color, text **STEVE** to **741741**
- [The Trevor Project \(LGBTQ Hotline\)](#)
Available 24/7
1-866-488-7386
Text: Text **START** to **678678**
To chat online visit:
<https://www.thetrevorproject.org>
- [NJ MentalHealthCares](#)
Available 8am to 8pm (EST)
866-202-HELP (4357)

RESOURCES FOR COPING WITH ANXIETY AROUND CORONAVIRUS

For more information on where to get treatment, please visit the following websites:

New Jersey Department of Human Services Division of Mental Health and Addiction Services:
[Mental Health Resources](#)

The Centers for Disease Control and Prevention (CDC): [Mental Health Tools and Resources](#). The CDC also provides other resources on managing anxiety and stress, which can be found [here](#).

The American Psychology Association provides several resources on minimizing stress during the COVID-19 pandemic. [Click here](#) to view a current list of articles. You may find the following articles to be particularly helpful during this time:

- [Five Ways to View Coverage of the Coronavirus](#)
- [Seven crucial research findings that can help people deal with COVID-19](#)
- [Keeping Your Distance to Stay Safe](#)

The Anxiety and Depression Association has also provided a number of resources including podcasts, videos, articles, and blog posts on managing COVID-19 anxiety. [Click here](#) to view a current list of resources. We’ve highlighted some information that you may find helpful below:

- [Managing Anxiety and OCD During COVID-19](#)
- [Anxiety & COVID 19 Part 1: Managing Anxiety & Uncertainty](#)
- [Health Anxiety: What Is It and How You Can Overcome It](#)

Also check out SAMHSA: [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#)

Looking for more? Yale University now offers [The Science of Well-Being course](#) online, free.

RESOURCES FOR THERAPISTS ON TELEHEALTH

The American Psychology Association provides several resources on treating clients during the COVID-19 pandemic. [Click here](#) to view a current list of articles. You may find the following articles to be particularly helpful during this time:

- [Psychologists' Advice for Newly Remote Workers](#)
- [Conducting Research During the COVID-19 Pandemic](#)
- [Advice for psychology supervisors and trainees on caring for patients during the COVID-19 crisis](#)

The Anxiety and Depression Association has also provided a number of resources including podcasts, videos, articles, and blog posts for therapists treating clients during COVID-19. [Click here](#) to view a current list of resources. We've highlighted some information that you may find helpful below:

- [Keep Calm and Carry On: Clinical Practice During the COVID-19](#)
- [Coronavirus outbreak: How therapists stay connected to anxious, isolated clients during an uneasy time](#)
- [Just Released Three-Hour Seminar: A Practical Guide to Providing Telepsychology with Minimal Risk](#)

RESOURCES FOR RUTGERS FACULTY

HR is offering telephone sessions to employees <https://uhr.rutgers.edu/faculty-and-staff-counseling>

GENERAL INFORMATION ON THE CORONAVIRUS

To obtain more information about the Coronavirus you can visit any of the following websites:

- [New Jersey COVID-19 Information Hub](#)
- [Centers for Disease Control and Prevention Coronavirus \(COVID-19\)](#)
- [World Health Organization Coronavirus](#)



To follow Rutgers University updates on the Coronavirus visit
<https://coronavirus.rutgers.edu>

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