

Mental Health Resources at Rutgers

Services include crisis intervention, individual therapy, group therapy, a variety of workshops, alcohol and other drug assistance programs, psychiatric care (medication management), and community referrals.

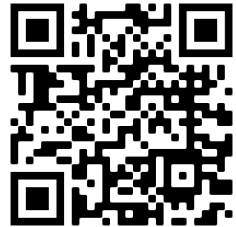
To make an appointment,
call **(848) 932-7884**.

Be sure to leave your full name, phone number, and RUID.

CAPS' main office is located on **17 Senior Street, New Brunswick, NJ 08901**

Mental Health Organizations on Campus

Check out our website for a more comprehensive list of mental health resources in New Jersey and beyond:



Counseling, Alcohol and other drug assistance program & Psychiatric Services (CAPS)

Mental Health Committee GSA (Graduate Organization)

Email: mentalhealth@gsa.rutgers.edu
Instagram: [@rugradmentalhealth](https://www.instagram.com/rugradmentalhealth)

Active Minds at Rutgers University

Email: activeminds.ru@gmail.com
Instagram: [@activemindsrutgers](https://www.instagram.com/activemindsrutgers)

Into the Light

Email: mentalhealth@intothelightus.com
Instagram: [@intothelight_us](https://www.instagram.com/intothelight_us)

Shakti - South Asian Mental Health

Email: rushakti@gmail.com
Instagram: [@ru.shakti](https://www.instagram.com/ru.shakti)