



**FOR IMMEDIATE RELEASE**

**May 26, 2023**

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## **Ramapo College Students Will Have Access to 24/7 Mental Health Support**

**Mahwah, NJ-** Thanks to the support of Governor Phil Murphy and Secretary of Higher Education Brian K. Bridges, Ramapo College students will be able to access mental health counseling around the clock. Just in this last year, student appointments for mental health counseling increased 18% on campus, indicating the need for students to have access to additional, much-needed support.

"Well-being is crucial to student success, and we are committed to increasing access to critical support services including mental health counseling, instructional-related accommodations, and other support services," said President Cindy R. Jebb. "We are thankful for the prescience of Governor Murphy and Secretary Bridges in recognizing the increasingly complex needs of our students and the demands on our institution, and we very much look forward to integrating Uwill into the menu of support services provided to our students."

The program partners with Uwill to provide telehealth to students at colleges and universities in New Jersey, and will bolster an already impressive array of support and services Ramapo College currently provides its students.

"Ramapo is happy to be able to provide additional mental health support to students through Uwill. Counseling Services at Ramapo College provides time-limited mental health treatment, both in-person and through telehealth, crisis support and referrals for students who need more long-term treatment. Uwill can fill a niche where students want evening or weekend telehealth appointments," said Dr. Judith Green, Director of the Center for Health and Counseling Services at Ramapo College.

Earlier this year due the support of Governor Phil Murphy and Secretary of Higher Education Brian K. Bridges, Ramapo College received [a grant](#) that helps create additional opportunities for students to receive support in a variety of ways beyond traditional counseling sessions as well as partner with community organizations to increase professional development for staff. Examples include securing [Togetherall](#), a peer-to-peer online platform that allows students to access an anonymous and safe community to share feelings and give or get wellness support, as well as work with [The Steve Fund](#), [Affirmative Couch](#), and Cornell University's [Center for Cultural Humility](#). Counseling staff will gain valuable training that helps them connect with, understand, and support students of color, first-generation students, and LGBTQ+ students.



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To learn more about the Ramapo College Center for Health and Counseling Services, visit [ramapo.edu/chcs/](http://ramapo.edu/chcs/).

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### **About Ramapo College**

Ramapo College of New Jersey is the state's premier public liberal arts college and is committed to academic excellence through interdisciplinary and experiential learning, and international and intercultural understanding. The comprehensive college is situated among the beautiful Ramapo Mountains, is within commuting distance to New York City, was named one of the 50 Most Beautiful College Campuses in America by *CondéNast Traveler*, and boasts the best on-campus housing in New Jersey per Niche.com. Established in 1969, Ramapo College offers bachelor's degrees in the arts, business, data science, humanities, social sciences and the sciences, as well as in professional studies, which include business, education, nursing and social work. In addition, the College offers courses leading to teacher certification at the elementary and secondary levels, and offers graduate programs leading to master's degrees in Accounting, Applied Mathematics, Business Administration, Contemporary Instructional Design, Computer Science, Creative Music Technology, Data Science, Educational Leadership, Nursing, Social Work and Special Education, as well as a Doctor of Nursing Practice.