

# HEALTH AND WELLNESS RESOURCES

UNIVERSITY *of* PENNSYLVANIA



## **STUDENT HEALTH & COUNSELING SERVICES 215-746-WELL (9355)**

Free, confidential, individual and group therapy and advocacy, including for stress reduction.

## **STUDENT HEALTH 215-746-WELL (9355)**

Affordable, accessible primary, preventative, and specialty health care for all students.

## **CAMPUS HEALTH 215-746-WELL (9355)**

Health education and promotion, disease surveillance and prevention, and policies that make the healthy choice the easy choice.

## **STUDENT INTERVENTION SERVICES 215-898-6081**

Support, referrals, and case management for critical matters or emergencies involving safety and wellness.

## **OFFICE OF ALCOHOL AND OTHER DRUG PROGRAM INITIATIVES 215-573-3525**

Non-judgmental, confidential interventions regarding drug and alcohol use and concerns.

## **COLLEGE HOUSES AND ACADEMIC SERVICES 215-898-5551**

Support, advocacy, and referrals from Residential Advisors (RAs and GRAs), Faculty Director, House Fellows, House Director and House Coordinator in every College House

## **ACADEMIC SUPPORT**

One-on-one advising and assistance in each of the four undergraduate schools:

- The College of Arts and Sciences 215-898-6341
- Wharton 215-898-7608
- Engineering and Applied Science 215-898-7246
- Nursing 215-898-6687

## **OFFICE OF THE CHAPLAIN 215-898-8456**

Pastoral support, guidance, informal advising and counseling and referrals.

## **CULTURAL RESOURCE CENTERS**

Advocacy, support, and academic, cultural, and social programming at:

- Greenfield Intercultural Center 215-898-3358
- The Center for Hispanic Excellence: La Casa Latina 215-746-6043
- Lesbian Gay Bisexual Transgender Center 215-898-5044
- Makuu: The Black Cultural Center 215-573-0823
- Pan-Asian American Community House 215-746-6046
- Penn Women's Center 215-898-8611

## **HELP LINE 215-898-HELP (215-898-4357)**

24/7 assistance from the Division of Public Safety for time-sensitive help navigating Penn's health and wellness resources.

## **REACH-A-PEER LINE (RAP) LINE 215-573-2727**

Peer support, information, and referrals from students to students, nightly from 9 p.m. to 1 a.m. or online.