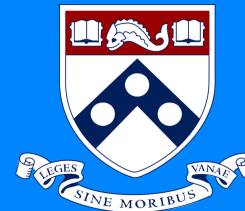


PEER COMMUNITY WELLNESS GUIDE

For all of the resources,
support, and practical tools
surrounding Wellness at Penn,
visit [WellnessAtPenn.com](https://www.wellnessatpenn.com)



*indicates confidential resource

For Immediate Help

University HELP Line

A single phone number to call in times of stress or urgency that can connect you to Penn's health resources.
(215) 898-HELP | (215) 898-4357

Counseling and Psychological Services (M/F 9-5; T/W/Th 9-7, Sat 10-3)*

Confidential free professional mental health service.
3624 Market St. | 215-898-7021 | vpul.upenn.edu/caps

Student Health Service*

Provides quality health care that is accessible, affordable, culturally sensitive and student-focused.
3535 Market St. | 215-746-3535 | vpul.upenn.edu/shs

Medical Emergency Response Team

Student-run service organization providing emergency medical services to the University community.
pennmert.org | (215) 573-3333

Who To Talk To

Student Organizations

Reach-A-Peer Helpline (RAP-Line)

Provides phone call, text-in, and online peer support, information, and referrals to all Penn students. Call every day 9p-1a.
(215) 573-2727 | vpul.upenn.edu/rap-online

Penn Benjamins

Peer counseling group run by students, for students.
pennbenjamins.org | (901) 338-0828

Penn Franklins

Graduate student-specific peer counseling.
gapsa.upenn.edu

Active Minds

Works to increase students' awareness of mental health issues, provides information and resources regarding mental health.
activemindspenn.wordpress.com

Project HEAL: Help to Eat, Accept, & Live Prevention, treatment financing & recovery support for those suffering from eating disorders.
<https://www.theprojectheal.org/university-of-pennsylvania-chapter/>

Penn Initiative for Minority Mental Health
Integrates Penn's minority and underrepresented populations into the conversation of campus mental health.
pimmh.org

Penn Reflect
Provides students with a forum to speak and reflect openly about student life at Penn.
reflecteffect.org

Project L.E.T.S.
A student initiative designed to create visibility around mental wellness issues and erase stigma associated with them.
letserasethestigma.com/upenn/

Office of the Chaplain*

Organizes all religious and spiritual activity.
3417 Spruce St. Suite 240 | (215) 898-8456 |
upenn.edu/chaplain

Penn Hillel

Center of Penn's Jewish life.
215 S. 39th St. | (215) 898-7391 |
pennhillel.org

Penn Newman Center

Fosters a Catholic community and presence on campus.
3720 Chestnut St. | (267) 969-5015 |
newman.upenn.edu

Student Intervention Services*

Coordinates programs and resources for students in need of immediate support.
3611 Locust Walk | (215) 898-6081 |
vpul.upenn.edu/intervention

Penn Violence Prevention*

Provides outreach and education to prevent interpersonal violence and support to survivors.
3535 Market Street | (215) 898-6081 |
vpul.upenn.edu/pvp/index.php

Greenfield Intercultural Center

A safe space for intercultural dialogue, and home to the FGLI center.
3701 Chestnut St. | (215) 898-3358 |
vpul.upenn.edu/gic

LGBT Center*

A home away from home for sexual and gender minorities and their allies.
3907 Spruce St. | (215) 898-5044 |
vpul.upenn.edu/lgbtc

La Casa Latina

Promotes Latinx culture, identity, and excellence.
3601 Locust Walk | (215) 746-6043 |
vpul.upenn.edu/lacasa

Office of Student Affairs

The hub of extracurricular involvement and student groups at Penn.
3417 Spruce St., Suite 200 | (215) 898-6533 |
vpul.upenn.edu/osa

Makuu

Resource center for Black culture and students of the African diaspora.
3601 Locust Walk | (215) 573-0823 |
vpul.upenn.edu/makuu

Pan-Asian American Community House

A hub of academic, and personal growth for students interested in Asian and Asian American culture.
3601 Locust Walk | (215) 746-6046 |
vpul.upenn.edu/paach

Penn Women's Center*

Promotes gender equity through advocacy and programming.
3643 Locust Walk | (215) 898-8611 |
vpul.upenn.edu/pwc

Graduate Student Center

Home to graduate student programming
3615 Locust Walk | gsc.upenn.edu | (215) 746-6868

Where To Go

Penn Wellness

The umbrella organization for mental wellness student groups on campus.
upennwellness.org

Undergraduate Assembly

The representative branch of Penn Student Government charged with improving the lives of Penn students.
pennua.org

Penn Undergraduate Health Council

The umbrella organization for health-related groups on campus, including mental and physical wellness organizations.
puhcweb.com

Graduate and Professional Student Assembly

The student government for graduate and professional students at Penn.
gapsa.upenn.edu

Get Involved

