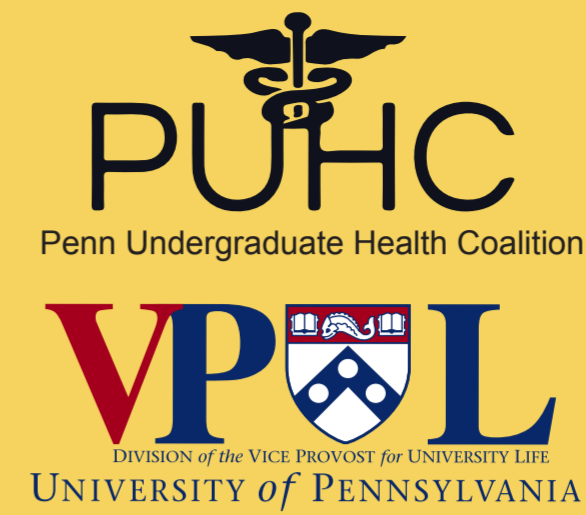


PEER COMMUNITY WELLNESS GUIDE



2016 - 17



FOR IMMEDIATE HELP

Counseling and Psychological Services

Offers confidential free professional mental health services.

3625 Market St. | 215-898-7021

Student Health Service

Provides quality health care that is accessible, affordable, culturally sensitive and student-focused.

3535 Market St. | 215-746-3535

ORGANIZATIONS

Actively Moving Forward

Grief support group for students grieving the illness or death of a loved one, with group meetings every 3 weeks and also 1-on-1 coffee chats.

pennstudentsofamf@gmail.com

Reach A Peer Helpline

Provides peer support, information, and referrals to any and all students of the University of Pennsylvania.

215-573-2727

Penn Benjamins

Peer listening group run by students, for students.

<http://pennbenjamins.org>. | 484-483-3551

Active Minds

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

<http://www.activemindspenn.wordpress.com>

Medical Emergency Response Team

Student-run service organization providing emergency medical services to the University community.

215-573-3333

Penn Consciousness Club

Strives to create a joyful, stress-free campus community through group tools such as yoga, breathwork, and meditation.

<https://www.facebook.com/consciousnessclub>

Penn Initiative for Minority Mental Health

Integrates Penn's minority and underrepresented populations into the conversation of campus mental health.

<http://pimmh.org>

Penn Reflect

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

<http://fentonja.wix.com/pennreflect>

WHERE TO GO

Office of the Chaplain

Organizes and coordinates all religious and spiritual activity.

3634 Locust Walk | 215-898-8456

Greenfield Intercultural Center

A safe space for intercultural dialogue.

3701 Chestnut St. | 215-898-3358

Hillel

Center of Penn's Jewish life.

215 S. 39th St. | 215-898-739

Lesbian, Gay, Bisexual, and Transgender Center

A home away from home for sexual and gender minorities and their allies at the University of Pennsylvania.

3907 Spruce St. | 215-898-5044

La Casa Latina

Promotes Latino culture and identity.

3601 Locust Walk | 215-746-6044

Makuu

Resource center for Black culture and the African diaspora.

3601 Locust Walk | 215-746-6044

Pan-Asian American Community House

A hub of academic, personal, and professional growth for Penn students interested in Asian American culture and the Asian American Diaspora.

3601 Locust Walk | 215-573-0823

Penn Newman Center

Fosters a Catholic community and presence on campus.

3720 Chestnut St. | 215-898-7575

Penn Women's Center

Promotes gender equity and facilitates programs.

3643 Locust Walk | 215-898-8611

SPACES

Penn Undergraduate Health Coalition

puhcweb.com

Penn Wellness

upennwellness.org

Undergraduate Assembly

pennua.org

HOW TO GET INVOLVED