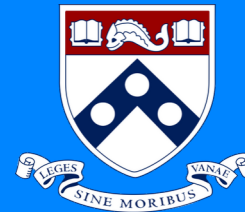


# PEER COMMUNITY WELLNESS GUIDE

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](https://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](https://vpul.upenn.edu/shs)

### Medical Emergency Response Team

*Student-run service organization providing emergency medical services to the University community.*  
[pennmert.org](https://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](https://vpul.upenn.edu/rap-online)

### Penn Benjamins

*Peer counseling group run by students, for students.*  
[pennbenjamins.org](https://pennbenjamins.org) | (901) 338-0828

### Penn Franklins

*Graduate student-specific peer counseling.*  
[gapsa.upenn.edu](https://gapsa.upenn.edu)

### Active Minds

*Works to increase students' awareness of mental health issues, provides information and resources regarding mental health.*  
[activemindspenn.wordpress.com](https://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](https://pimmh.org)

**Penn Reflect**  
*Provides students with a forum to speak and reflect openly about student life at Penn.*  
[reflecteffect.org](https://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/](https://letserasethestigma.com/upenn/)

#### Office of the Chaplain\*

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

#### Penn Hillel

*Center of Penn's Jewish life.*  
215 S. 39th St. | (215) 898-7391 |  
[pennhillel.org](http://pennhillel.org)

#### Penn Newman Center

*Fosters a Catholic community and presence on campus.*  
3720 Chestnut St. | (267) 969-5015 |  
[newman.upenn.edu](http://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](http://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](http://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](http://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](http://vpul.upenn.edu/lgbtc)

#### La Casa Latina

*Promotes Latinx culture, identity, and excellence.*  
3601 Locust Walk | (215) 746-6043 |  
[vpul.upenn.edu/lacasa](http://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](http://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](http://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](http://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](http://vpul.upenn.edu/pwc)

#### Graduate Student Center

*Home to graduate student programming*  
3615 Locust Walk | [gsc.upenn.edu](http://gsc.upenn.edu) | (215) 746-6868

## Where To Go

#### Penn Wellness

*The umbrella organization for mental wellness student groups on campus.*  
[upennwellness.org](http://upennwellness.org)

#### Undergraduate Assembly

*The representative branch of Penn Student Government charged with improving the lives of Penn students.*  
[pennua.org](http://pennua.org)

#### Penn Undergraduate Health Council

*The umbrella organization for health-related groups on campus, including mental and physical wellness organizations.*  
[puhcweb.com](http://puhcweb.com)

#### Graduate and Professional Student Assembly

*The student government for graduate and professional students at Penn.*  
[gapsa.upenn.edu](http://gapsa.upenn.edu)

# Get Involved

