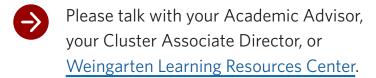


School is an exciting and life-changing experience. There are lots of ups, but sometimes there are downs.

Know where to go for help if you or a friend are feeling uneasy, unwell, or want to talk to someone.

If You...

... need academic support, guidance, or if you have an academic-related concern:



... find that you are dealing with stress related to academics, social pressure, family, friend and relationship issues, or you are in distress: Please reach out to <u>Student Counseling</u> (formerly CAPS), <u>Reach-A-Peer Helpline</u>, or <u>Public Safety's HELP Line</u>.

... are feeling ill or have become sick:

Please contact <u>Student Health</u> or your Cluster Associate Director.

... find that you are struggling with an eating disorder or substance abuse:

→

Please contact <u>Student Health</u>, <u>Student</u> <u>Counseling</u>, or your Cluster Associate Director.

... are encountering any issues related to sexual violence, genderbased harassment, or stalking: \Rightarrow

Please reach out to <u>Penn Violence Prevention</u>, <u>Penn Women's Center</u>, <u>Student Counseling</u>, <u>Student Intervention Services</u>, or <u>Special Services</u> (Division of Public Safety).

... are feeling financial pressure and/or you need additional financial assistance: \Rightarrow

Please reach out to <u>Student Registration</u> and <u>Financial Services</u>, <u>Student Intervention</u> <u>Services</u> (including Penn's <u>Emergency</u> and <u>Opportunity Fund</u>), or the MBA Program Office.

... are exploring your gender identity and/or sexual orientation and you would like support or guidance:



Please reach out to the <u>LGBT Center</u>, <u>Student Counseling</u>, or your Cluster Associate Director.

Where to Go for Help

Division of Public Safety's HELP Line

A 24/7 service that connects students, staff, faculty, and families with resources.

215-898-HELP or 215-898-4357 https://www.publicsafety.upenn.edu/

Division of Public Safety's Special Services

Investigation services, support, and resources for sensitive crimes and incidents available 24/7.

215-898-4481 or 215-898-6600 https://www.publicsafety.upenn.edu/ specialservices@publicsafety.upenn.edu

Penn Violence Prevention

Engages the Penn community in the prevention of sexual violence, relationship violence, stalking, and sexual harassment on campus.

215-898-6081

215-898-6600 (24/7 Confidential Helpline, Special Services Unit of the Division of Public Safety) https://pvp.vpul.upenn.edu/

vpul-pvp@pobox.upenn.edu

Penn Wellness: Student Counseling

Any student can speak to a trained clinician by phone, day or night (24/7). Students also can schedule virtual appointments and an appointment with the Wharton counseling embed clinician.

215-898-7021

https://caps.wellness.upenn.edu/wel-caps@pobox.upenn.edu

Wharton embedded clinician https://www.wharton.upenn.edu/wharton-wellness/caps-at-wharton/

Penn Wellness: Student Health

Comprehensive primary care, including services to help you eat well, sleep well, and reduce stress available 24/7.

215-746-3535

https://shs.wellness.upenn.edu/wel-caps@pobox.upenn.edu

Reach-A-Peer Helpline

Available every night while classes are in session (except holidays) from 9pm-1am.

215-573-2727 (Call) 215-515-7332 (Text)

https://pennclubs.com/club/rapline

Student Intervention Services

Supports students in crises, helps students access resources, and responds to concerns about students' well-being.

215-898-6081

vpul-sisteam@pobox.upenn.edu/ https://sis.vpul.upenn.edu/

Student Intervention Services' Emergency and Opportunity Funding

Any enrolled undergraduate, graduate, or professional student is potentially eligible for this financial assistance.

https://sis.vpul.upenn.edu/emergency-andopportunity-funding/

Student Registration and Financial Services

Includes Student Financial Services, the Office of the University Registrar, and the Office of the Bursar.

https://srfs.upenn.edu/

University Chaplain's Office

Provides pastoral support, informal advising, and counseling to students in need of care and comfort. Students can also refer to specific religious community supports such as:

215-898-8456

https://chaplain.upenn.edu/

- PENN HILLEL | THE CENTER OF PENN'S JEWISH COMMUNITY
- PENN NEWMAN CENTER |
 CATHOLIC COMMUNITY SUPPORT

215-898-7391

https://pennhillel.org/

215-898-8611

https://newman.upenn.edu/

Weingarten Learning Resources Center

Provides academic support and accommodations for undergraduate, graduate, and professional students.

215-573-9235

https://wlrc.vpul.upenn.edu/

Schedule online at My Weingarten Center https://upenn-accommodate.symplicity.com/

Wharton MBA Program Office

Students can speak directly to a staff member in the program office.

215-898-7604

If you want to speak directly to a staff member at an identity resource center:

CENTER FOR HISPANIC EXCELLENCE:

LA CASA LATINA

215-746-6044

https://lacasa.vpul.upenn.edu/

GREENFIELD
INTERCULTURAL CENTER

215-898-3358

https://gic.vpul.upenn.edu/

LGBT CENTER

215-898-5044

https://lgbtc.vpul.upenn.edu/

MAKUU: BLACK CULTURAL CENTER

215-746-6044

https://makuu.vpul.upenn.edu/

PAN ASIAN AMERICAN
COMMUNITY HOUSE (PAACH)

215-573-0823

https://paach.vpul.upenn.edu/

PENN WOMEN'S CENTER

215-898-8611
https://pwc.vpul.upenn.edu/

GRADUATE STUDENT CENTER (GSC)

215-746-6868
https://gsc.upenn.edu/

FAMILY CENTER AT PENN

215-746-2701
https://familycenter.upenn.edu/

OTHER RESOURCES TO SPEAK WITH

Your professors
Your advisors
Your peer mentors
Your friends and classmates

