## Health and Wellness Resources

**COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) 215-898-7021**
Free, confidential, individual and group therapy and advocacy, including for stress reduction.

**STUDENT HEALTH SERVICE (SHS) 215-746-3535**
Affordable, accessible primary, preventative, and specialty health care for all students.

**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), Graduate Associates (GAs), Faculty Master, House Fellow, House Deans 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
- Nursing 215-898-6687

and **THE SPIRITUAL & RELIGIOUS LIFE CENTER (SPARC)**
Available to students, faculty and staff for pastoral support, guidance, or informal advising and counseling. [http://www.upenn.edu/chaplain](http://www.upenn.edu/chaplain)

**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

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) 215-573-2727**
Peer support, information, and referrals from students to students, nightly from 9 p.m. to 1 a.m. or online.