Student Health and CAPS Remain Available for Students
As almost all of our Student Health, Campus Health and CAPS staff are considered essential personnel, we are able to continue to support our students’ physical and mental health needs amidst the stay-at-home order in the city of Philadelphia.

We offer both in-person and telehealth services to our students, connecting with students regardless of where they are.

Our Hours are Different
While only a core group of necessary clinicians from both Student Health and CAPS are temporarily co-located at 3535 Market to see students for in-person visits, our full complement of staff continues to support our students remotely via telehealth visits, either by phone or via teleconferencing, weekdays during regular business hours. This system enables us to provide our full complement of services to students while ensuring the safety and health of our providers. As previously, students continue to have access to clinicians from both services during off-hours for urgent concerns.

**In-Person Visits**
Monday through Friday
9:30a - 1:30p

**Telehealth** (phone or videoconferencing)
Monday through Friday
9:30a - 4:30p

**After-hours**
On-Call Clinician for Urgent Issues (SHS):
215-746-3535, Option 3

24/7 Access to a Clinician (CAPS):
215-898-7021, Option 1

Looking Out for the More Vulnerable
We are continuing and strengthening our partnerships with Student Intervention Services and Special Services in reviewing the range of student needs and concerns during these challenging times. We are jointly developing care plans appropriate to each individual student situation. Some of these care plans involve evaluation of housing and dining needs; others require health assessments; some focus on mental health concerns; and of course, some entail coordination of the aforementioned.

Let’s Talk is now virtual
We continue to be available during the same hours, with the exception of evening hours on Tuesday and Thursday. The student can connect with a Let’s Talk counselor by calling 215-898-7021, press option 2, and let the front desk representative know that they would like to connect with the Let’s Talk counselor. The counselor will then connect with the student by phone or videoconferencing.

Promoting Health and Wellness
Campus Health remains even more so committed to its health education mission by promoting online content:

- Marketed 15 minute daily exercise videos available for free on our Facebook page. These were created in partnership with Campus Recreation
- Refresh (an online sleep intervention) and Sex Well Online (a pilot, online, sexual health education program) are online programs currently running
- We’re filming our Wellness Educator, Sandi Herman, to make her guided meditations available in video format. (They already exist in podcast formats.)

Benoit

Benoit Dubé, MD
Associate Provost and Chief Wellness Officer