Guide To Thriving at Penn

Penn provides many resources to help you thrive in graduate school, and we recognize that your overall wellness can fall within several dimensions including emotional, physical, social, spiritual, and financial. The University offers a wide range of resources designed to support these many dimensions of your wellness. Learn more about them at: https://gsc.upenn.edu/resources/.

In addition, the University’s HELP Line 215-898-HELP (4357) is a 24-hour-a-day phone number for members of the Penn community who are seeking time sensitive help in navigating Penn’s resources for health and wellness.