

## WELLNESS

There are a wide variety of resources available to support students at Penn. Some of the most commonly used resources are listed below.

### Wellness at Penn (<https://www.wellnessatpenn.com/>)

The Wellness at Penn initiative provides support, resources, and practical tools for wellness across the Penn community. It affirms wellness as a core priority and necessary driver of life on campus; and it offers a wide range of opportunities to reflect and engage on issues of wellness, stress, mental health, resilience, happiness, personal and academic goals, and the meaning of success.

### Counseling and Psychological Services (CAPS) (<http://www.vpul.upenn.edu/caps/>)

215-898-7021 (Nights and weekends, ask for CAPS counselor on call.)

Counseling and Psychological Services (CAPS) provides professional psychological and psychiatric services to undergraduate, graduate, and professional students who need support in fulfilling their academic, social, and personal objectives. Along with health and wellness partners throughout the Penn community, CAPS directly supports student mental health through counseling, crisis management, consultation, education and outreach, and training.

### Division of Public Safety (<https://www.publicsafety.upenn.edu/>)

24/7 "HELP" line, 215-898-HELP (215-898-4357)

A central source for information about police, fire, and emergency services, security services, including walking escorts, and special victim services. Public safety also manages the University's extensive electronic security infrastructure.

### Student Disabilities Services (<http://www.vpul.upenn.edu/lrc/sds/>)

(215) 573-9235; TDD: (215) 746-6320

The Office of Student Disabilities Services (SDS), part of the Weingarten Learning Resources Center (<http://www.vpul.upenn.edu/lrc/>), provides comprehensive, professional services and programs for students who self-identify with disabilities to ensure equal academic opportunities and participation in University-sponsored programs. Professional staff evaluate current documentation, determine individual students' eligibility according to program guidelines, and determine reasonable accommodations for all qualified students with documented disabilities on a case-by-case basis, including academic adjustments, e-text, accessible campus housing, and transportation and parking. SDS also coordinates auxiliary aids and services such as sign language interpreters and Computer Aided Realtime Translation (CART) reporters, as well as the loan of equipment and assistive technologies.

### Student Health Service (<http://www.vpul.upenn.edu/shs/>)

215-746-3535

Student Health Service is a state-of-the-art primary care center dedicated to the health and well-being of Penn students. Student Health provides accessible, cost-effective, culturally-sensitive, and student-focused healthcare, including care for acute and chronic health problems, preventive health services, and health and wellness education. The Health Service works in close collaboration with our partners in the University Life Division, and with our colleagues in the University of Pennsylvania Health System (<http://www.penmedicine.org/>) to help ensure the health and wellness of the campus community.

### Student Intervention Services (<http://www.vpul.upenn.edu/intervention.php>)

215-898-6081

Penn Student Intervention Services (SIS) assists the University community in handling emergencies or critical incidents involving the welfare and safety of students.

### Office of the Chaplain (<https://chaplain.upenn.edu/>)

215-898-8456

The staff of the Office of the Chaplain (<https://chaplain.upenn.edu/about-us/staff/>) is available to students, faculty and staff for pastoral support, guidance, or informal advising and counseling. The Chaplain, an ordained clergy person, participates in campus ceremonies such as Convocation, Baccalaureate and Commencement and also officiates at weddings (<https://chaplain.upenn.edu/about-us/weddings-blessings/>) and campus memorial services. The office serves and supports a wide range of student organizations (<https://chaplain.upenn.edu/student-organizations/>), fellowships and religious communities on our campus. They also develop programming designed to improve interfaith understanding and build meaningful, collaborative relationships across religious difference.

### Campus Health (<http://www.vpul.upenn.edu/shs/campushealth/>)

Part of Student Health Service, Campus Health (<http://www.vpul.upenn.edu/shs/campushealth/>) seeks to empower the Penn community to Live Well through advocacy, education, and action. Campus Health staff focus on a wide variety of healthy living topics including sleep, hygiene, stress reduction, nutrition, exercise, tobacco-free lifestyles and bike safety. Key initiatives include annual flu immunization clinics, which vaccinate more than 2,000 people, and yearlong sexual wellness education through events such as "Sex Camp" and "Sex Jeopardy."

### Alcohol and Other Drug Program Initiatives (<http://www.vpul.upenn.edu/alcohol/>)

The Office of Alcohol and Other Drug Program Initiatives oversees critical areas of health and wellness that can challenge the academic success of Penn students. The office comprises alcohol policy initiatives, violence prevention, data collection, strategic project management,

and (in a collaboration with Student Intervention Services (<http://www.vpul.upenn.edu/intervention.php>)) proactive crisis management.