Penn Campus Resources: In-Person & Virtual

*Locations, business hours, and phone numbers may not be operating regularly at this time. Virtual offerings are also subject to change. Please check websites for up-to-date information.*

| **Albert M. Greenfield Intercultural Center (GIC)** | 3708 Chestnut Street  
215-898-3358  
http://www.vpul.upenn.edu/gic/  
@GICPenn  
*Enhances student's intercultural knowledge, competency, and leadership through programs, advising, and advocacy |
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<td><strong>Virtual Offerings</strong></td>
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| **Alcohol and Other Drug Initiatives** | 3535 Market Street, Mezzanine  
215-573-3525  
https://aod.wellness.upenn.edu/  
*Offers proactive crisis management and provides brief alcohol and drug interventions through the First Step Program* |
| **Virtual Offerings** | **Virtual office hours** |
| **First Step Program:** Counseling sessions are available for students experiencing alcohol or substance use concerns. Contact Ken Galazka, Associate Director, at kgalazka@upenn.edu  
Recovery Support: See AOD website for links to virtual recovery support meetings |
| **Campus Health** | 3535 Market Street, Mezzanine  
215-746-3535  
https://campushealth.wellness.upenn.edu  
@healthypenn  
*Disease surveillance and prevention, health education and promotion* |
| **Virtual Offerings** | **Virtual office hours** |
| **Coronavirus Information** | **Meditation archive and live guided meditation** Thursdays at 12pm |
| **Campus Recreation** | 3701 Walnut Street  
215-898-6100  
[https://recreation.upenn.edu/](https://recreation.upenn.edu/)  
[@penncampusrec](https://twitter.com/penncampusrec)  
*Community fitness center with exercise equipment & studios |
|-----------------------|---------------------------------------------------------------|
| **Virtual Offerings** | Live Group Exercise [classes](#)  
Remote [resource hub](#) with free resources and workouts |

| **Career Services** | 3718 Locust Walk  
215-898-7531  
[https://careerservices.upenn.edu/](https://careerservices.upenn.edu/)  
[@penncareerserv](https://twitter.com/penncareerserv)  
*Assists students and alumni obtain permanent and short-term career-related employment and graduate and professional school admission. The office helps students define their career goals and learn how to achieve them. |
|---------------------|-----------------------------------------------------------------|
| **Virtual Offerings** | Advising appointments and same day virtual “drop ins” available through [Handshake](#)  
[Document review](#) Extensive career-related online resources available on website |

| **Counseling and Psychological Services (CAPS)** | 3624 Market Street, First Floor West  
215-898-7021 (24/7)  
Press #1-Speak to a professional (24/7)  
Press #2-Schedule an appointment with the front desk  
See website for regular business hours and virtual business hours.  
[https://caps.wellness.upenn.edu](https://caps.wellness.upenn.edu)  
Facebook [@pennCAPS](https://twitter.com/pennCAPS)  
*Offers individual and group therapy, outreach programming, medication management, and referral services |
|---------------------------------------------------|---------------------------------------------------------------------|
| **Virtual Offerings** | [Telehealth](#): M-F 9:30am to 4:30pm  
A clinical presence at Student Health: M-F 9:30am to 1:30pm  
Available by phone: 215-898-7021 (24/7)  
Let’s Talk: Call 215-898-7021, press 2, and ask to connect with the Let’s Talk counselor  
[Virtual groups/workshops](#)  
[Mental health & COVID-19 resources](#) |
| Department of Public Safety/Penn Police | 4040 Chestnut Street  
215-898-7297  
Emergencies: 215-573-3333 (511 from campus phone)  
[http://www.publicsafety.upenn.edu/UPPD/](http://www.publicsafety.upenn.edu/UPPD/)  
*Offers confidential crisis intervention, victim/survivor support, crime investigation, and a safety education program*

**Offerings**  
Free socially-distanced walking escort service (24/7): Call 215-898-WALK (9255) or 511 (from a campus phone), ask any Public Safety Officer on patrol or inside a building, or use a blue-light phone located on and off Penn’s campus.

| Employee Assistance Program (EAP) | 1-866-799-2329  
[https://www.hr.upenn.edu/PennHR/wellness-worklife/counseling-and-employee-assistance-program](https://www.hr.upenn.edu/PennHR/wellness-worklife/counseling-and-employee-assistance-program)  
*Provides faculty/staff and their families access to free, confidential, 24/7 counseling and referral services for personal/professional life*

**Virtual Offerings**  
Telephone and video counseling 24/7: Call 1-866-799-2329

| Graduate Student Center | 3615 Locust Walk  
215-746-6868  
[http://www.gsc.upenn.edu/](http://www.gsc.upenn.edu/)  
[@upenn.gradcenter](https://www.isc.upenn.edu/)

*Encourages the development of Penn's graduate and professional student community through academic and social initiatives*

**Virtual Offerings**  
Virtual events

| Information Systems & Computing | 3401 Walnut Street, Suite 265C  
215-898-1000  
[https://www.isc.upenn.edu/](https://www.isc.upenn.edu/)

*Collaborates with the Penn community on IT services that enhance and support the mission of the University*

**Virtual Offerings**  
Remote IT support
| **International Student and Scholar Services (ISSS)** | 3701 Chestnut Street, Suite 1W  
215-898-4661  
[http://global.upenn.edu/isss](http://global.upenn.edu/isss)  
[@isss.penn](mailto:@isss.penn)  
* Provides core services to international students, visiting scholars, faculty and academic departments at the University of Pennsylvania including advice, information and referrals on matters such as immigration, employment and more  
**Virtual Offerings**  
Covid-19 [resource hub](http://global.upenn.edu/isss)  
[Virtual advising](mailto:isss.penn) |
|-------------|-----------------------------------------------|
| **La Casa Latina, The Center for Hispanic Excellence** | 3601 Locust Walk  
215-746-6043  
[http://www.vpul.upenn.edu/lacasa/](http://www.vpul.upenn.edu/lacasa/)  
[@casalatinapenn](mailto:@casalatinapenn)  
* Provides a community space designed to serve the needs of all Latino students and the Penn communities at-large  
**Virtual Offerings**  
Cafecito con La Cases Latina virtual hangout Fridays at 3pm EST via [BlueJeans](https://bluejeans.com)  
La Casa Power Hour, a virtual space for students to study together, Saturdays at 12pm EST via [BlueJeans](https://bluejeans.com) |
| **Lesbian Gay Bisexual Transgender (LGBT) Center** | Carriage House, 3907 Spruce Street  
215-898-5044  
[www.vpul.upenn.edu/lgbtc/](http://www.vpul.upenn.edu/lgbtc/)  
[@pennlgbt](mailto:@pennlgbt)  
* Supports Penn lesbian, gay, bisexual, and transgender students, staff, alumni, and faculty and increases the general Penn community's understanding and acceptance of its sexual and gender minority members.  
**Virtual Offerings**  
Virtual office hours: M-F, Erin: 10am-11am and Malik 4pm-5pm  
[Virtual events](http://www.vpul.upenn.edu/lgbtc/) |
| **Office of Student Conduct (OSC)** | 3440 Market Street, Suite 400  
215-898-5651  
[www.upenn.edu/osc](http://www.upenn.edu/osc)  
* Acts on behalf of the University in matters of student discipline.  
**Virtual Offerings**  
Student meetings will be held virtually by request  
Refer a case [here](http://www.upenn.edu/osc) |
| Office of The Chaplain & The Spiritual and Religious Life Center (SPARC) | 3417 Spruce Street, 240 Houston Hall 215-898-8456  
http://www.upenn.edu/chaplain/  
@pennsparc  
*Provides oversight and coordination of religious activities on the campus. The Chaplain supports the academic mission of the University by facilitating and encouraging initiatives concerned with the moral, ethical, and spiritual dimensions of university life.  

**Virtual Offerings**  
Daily SPARC *(messages of support and encouragement)*  
Staff available for virtual appointments, contact information [here](#) |
|-------------------|----------------------------------|
| **MAKUU Black Cultural Center** | 3601 Locust Walk  
215-573-0823  
www.vpul.upenn.edu/makuu  
@MakuuPenn  
*Serves as a cultural hub for personal, professional, and academic growth for students of and interested in the African Diaspora.  

**Virtual Offerings**  
Virtual office hours: M-W, 1pm-2pm or email for a one-on-one check in  
Virtual Makuu living room hangout Fridays at 1pm via [BlueJeans](#)* |
| **PAACH (Pan-Asian American Community House)** | 3601 Locust Walk, Suite G22  
215-746-6046  
www.vpul.upenn.edu/paach  
@paachatupenn  
*Opened in the Fall of 2000 in response to students' calls for a cultural resource center at the University of Pennsylvania where South Asian, Southeast Asian, East Asian, and Pacific Islander cultures could be celebrated.  

**Virtual Offerings**  
Virtual Drop-in & Visit the PAACH Living Room:  
For the month of April: Monday-Friday, 12-2pm & 3-5pm EST via [BlueJeans](#) (event information [here](#))  
For the month of May: Monday-Friday, 2-4pm EST via [Zoom](#) (event information [here](#))  
Stay engaged with PAACH through [Instagram](#), [Facebook](#), and [Twitter](#)  
Weekly newsletter signup [here](#).  
Contact PAACH Staff Anytime Directly:  
Peter Van Do (pvan@upenn.edu, 215-746-6048), Hitomi Yoshida (hyoshida@upenn.edu, 215-746-6046), and Julienne Abelus (jabelus@upenn.edu) |
| **Penn Libraries** | Multiple locations: [https://www.library.upenn.edu/about/locations](https://www.library.upenn.edu/about/locations) 215-898-7555  
[https://www.library.upenn.edu/](https://www.library.upenn.edu/)  
**Virtual Offerings**  
Talk with a librarian, eBooks, videos, teaching and learning resources, and tech support [here](https://www.library.upenn.edu/virtual-offerings) |
| --- | --- |
| **Penn Violence Prevention (PVP)** | 3535 Market Street, Mezzanine Level M-Th 9-5; Fri 9-12  
3643 Locust Walk, ([Penn Women's Center](https://www.vpul.upenn.edu/pwc)) Fri 12-5  
215-746-2642  
[https://www.vpul.upenn.edu/pvp/](https://www.vpul.upenn.edu/pvp/)  
[@penn_pvp](https://twitter.com/penn_pvp)  
*Engages the Penn community in the prevention of sexual violence, relationship violence, and stalking on campus and serves as a confidential resource for students impacted by these issues.*  
**Virtual Offerings**  
Virtual office hours: M-F, Katie: 10am-11am, Rae: 12pm – 1pm, and Malik: 2pm-3pm  
Contact by email: Katie ([kchock@upenn.edu](mailto:kchock@upenn.edu)) and Malik ([malikw@upenn.edu](mailto:malikw@upenn.edu))  
[Virtual events](https://www.vpul.upenn.edu/pvp/events) |
| **Penn Women's Center** | 3643 Locust Walk  
215-898-8611  
[www.vpul.upenn.edu/pwc/](http://www.vpul.upenn.edu/pwc/)  
*Provides advocacy, resources, confidential crisis counseling and educational programming.*  
**Virtual Offerings**  
Virtual check-ins: T, 11am-12pm and Th, 3pm-4pm  
[Virtual events](https://www.vpul.upenn.edu/pwc/events)  
Sign up for PWC's weekly newsletter [here](https://www.vpul.upenn.edu/pwc/events) |
| **Special Services Unit (Department of Public Safety)** | 4040 Chestnut Street  
215-898-6000 (24/7)  
[www.publicsafety.upenn.edu](http://www.publicsafety.upenn.edu)  
*Offers confidential crisis intervention, victim/survivor support, crime investigation, and a safety education program.* |
| **Student Health Services and Women’s Health** | 3535 Market Street, Suite 100  
215-746-3535  
[https://shs.wellness.upenn.edu](https://shs.wellness.upenn.edu)  
*Provides medical care to Penn students for all health-related concerns.**  
**Virtual Offerings**  
In-Person Visits: M-F 9:30am – 1:30pm  
Telehealth Services: M-F 9:30am – 4:30pm  
Evenings and Weekends: 215-746-3535 (Option 3)** |
|---|---|
| **Student Intervention Services (SIS)** | 3611 Locust Walk  
215-898-6081  
[www.vpul.upenn.edu/student_intervention.html](http://www.vpul.upenn.edu/student_intervention.html)  
*Helps the University community deal with emergencies or crises involving the welfare and safety of our student. A member of the SIS team is available to assist University community members who are helping a Penn Student through a crisis.* |
| **The Writing Center** | 3808 Walnut Street  
215-573-2729  
[http://writing.upenn.edu/critical/wc/](http://writing.upenn.edu/critical/wc/)**  
**Virtual Offerings**  
Online appointments** |
| **Weingarten Learning Resources Center** | **The Tutoring Center**  
220 South 40th Street, Suite 260  
215-898-8596  
[http://www.vpul.upenn.edu/tutoring/](http://www.vpul.upenn.edu/tutoring/)  
* The Tutoring Center offers undergraduate students a variety of options to supplement their academic experience.**  
**Virtual Offerings**  
Tutoring support during finals: During the scheduled final exam period, students assigned a tutor will be permitted to continue meeting with that tutor virtually. However, satellite locations will be closed. Additionally, Tutoring Services provides support for high need classes in a series of virtual events. More information will be available on the Tutoring Center website the week prior to the start of final exams.
**Student Disability Services**  
Stouffer Commons, 3702 Spruce Street, Suite 300  
215-573-9235  
[https://www.vpul.upenn.edu/lrc/sds/](https://www.vpul.upenn.edu/lrc/sds/)  
*provides comprehensive, professional services and programs for students who self-identify with disabilities*

**Virtual Offerings**  
SDS [Support Services](https://www.vpul.upenn.edu/lrc/sds/)  
SDS staff members are available by phone and email to answer questions from members of the University community about accessibility and accommodations.

**Office of Learning Resources**  
Stouffer Commons, 3702 Spruce Street, Suite 300  
215-573-9235  
[https://www.vpul.upenn.edu/lrc/lr/](https://www.vpul.upenn.edu/lrc/lr/)  
*Provides academic support services and programs including professional instruction in university relevant skills (e.g., study strategies)*

**Virtual Offerings**  
Students can schedule 50-minute virtual meetings to discuss their study strategies and approaches to a variety of academic assignments and assessments.  
Virtual Learning Strategies [Workshops](https://www.vpul.upenn.edu/lrc/lr/)  
Customized Virtual Workshops: [Workshop Request Form](https://www.vpul.upenn.edu/lrc/lr/)  
Resources for remote learning  
[The Friday 5](https://www.vpul.upenn.edu/lrc/lr/), ISS Interviews Weingarten  
[The Weingarten Blog](https://www.vpul.upenn.edu/lrc/lr/)
# Student-Led Peer Support Resources

| Penn Benjamins | http://pennbenjamins.weebly.com  
@pennbens  
*Penn Benjamins is a peer counseling group run by students, for students at Penn.  
No virtual offerings at this time.* |
|----------------|-----------------------------------------------------------------------------------|
| Reach A Peer Helpline (RAP Line) | Call (9pm – 1am): 215-573-2727  
Text (24/7): 215-515-7332  
https://www.vpul.upenn.edu/rap-online/  
@RAPLine  
*The Reach-A-Peer Helpline is a peer help line to provide peer support, information, and referrals to any and all students.  
Virtual Offerings  
Phone line is closed, but text line is open 24/7: 215-515-7332* |