YOUR GUIDE TO:

Practical tools for Quakers, including campus resources, support, and treatment options.

HEALTHCARE SERVICES

PHYSICAL HEALTH:
- Allergy desensitization
- Gynecologic care
- Immunization
- Nutrition
- Podiatry
- Primary care
- Sexual health
- Sports medicine
- Travel medicine

MENTAL HEALTH:
- 24/7 access & support
  215-898-7021, option #1
- Let’s Talk:
  No appointment necessary drop-in service on campus
- Individual therapy
- Group therapy
- Pharmacotherapy
- Referral services

PUBLIC HEALTH & EDUCATION SERVICES

- Diversity dialogues
- I CARE training
- Mindfulness
- Nutrition & physical activity
- Sexual health
- Sleep hygiene
- Stress & self care
- Substance use
- Skill-building workshops

These eight domains remind us that wellness is an ongoing holistic process with multiple dimensions.

These eight categories of wellness are derived from the Wellness Wheel of SAMHSA (the Substance Abuse and Mental Health Services Administration of the US Department of Health and Human Services).

CALL US:
Student Health: 215-746-3535
Student Counseling: 215-898-7021
VISIT OUR WEBSITE:
https://wellness.upenn.edu

@WellnessAtPenn
@PennTogether