Student Counseling's

Mental Health Resources for Online Students

Student Health and Counseling Wellness
University of Pennsylvania
Student Counseling

Student Counseling is part of Wellness at Penn and offers free and confidential mental health services to Penn undergraduate, graduate, and professional students.

Student Counseling provides both in-person and virtual services. However, ongoing treatment is only available for students residing in the state of Pennsylvania. For students studying online, who are outside of Pennsylvania, Student Counseling can still support you in the following ways:

- To receive referrals for mental health providers in your area, contact our Referral Coordinator, Wydia Houston, at whouston@upenn.edu. You can also go to our Referral Services page for support or search providers on your own using the resources listed on the next page.

- Call Student Counseling to consult in urgent mental health situations where you receive immediate support. You can reach us at 215-898-7021 (24/7), press #1. For life-threatening concerns, please call 911 or go to your local emergency room.

- We offer a variety of resources to support your mental health and wellness!
  - Self-Care Resources and Self-Care Worksheet
  - Mindfulness Resources (includes links for meditations in other languages; resources to support the BIPOC community)
  - Caring for Yourself & Others: Stress, Distress, Crisis
Finding a Provider

General Provider Searches:
- Better Help
- Psychology Today
- Talk Space
- The Shrink Space
- The Truman Group

Identity Affirming Providers:
- Inclusive Therapists

Low Cost Providers:
- Open Path Psychotherapy Collective

International Therapists:
- International Therapist Directory

Helpful Handouts:
- Before the Referral
- During the Referral
- After the Referral
National Mental Health Resources

Crisis Support:
- National Suicide Prevention Lifeline
- Crisis Text Line
- The Steve Fund x Crisis Text Line (Support for Young People of Color)
- The Trevor Project (Support for LGBTQ Youth/Young Adults)
- Trans Lifeline (Support for Trans People)
- RAINN (Support for Sexual Assault Survivors)
- International Suicide Hotlines & International Help Center

Mental Health Organizations:
- American Association of Suicidology
- American Psychological Association (APA)
- JED Foundation’s Mental Health Resource Center
- Mental Health is Health
- National Alliance on Mental Illness (NAMI)
- National Eating Disorders Association
- The Steve Fund
- Substance Abuse and Mental Health Services Administration (SAMHSA)