YOUR GUIDE TO:

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

HEALTHCARE SERVICES

PHYSICAL HEALTH:
- Acupuncture
- Allergy
desensitization
- Gynecologic care
- Immunization
- Massage
- 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.

8 DOMAINS OF WELLNESS

Physical  Emotional  Spiritual  Social  Occupational  Intellectual  Financial  Environmental

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).