

YOUR GUIDE TO:



WELLNESS

UNIVERSITY of PENNSYLVANIA

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

STAY CONNECTED!

CALL US:

Student Health: 215-746-3535

Student Counseling: 215-898-7021

VISIT OUR WEBSITE:

<https://wellness.upenn.edu>

@WellnessAtPenn

@PennTogether

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.



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).

Wellness at Penn

 @WellnessAtPenn

 @PennTogether

FILBERT STREET

Student Health
3535 Market Street

MARKET STREET

LUDLOW STREET

Student Counseling
3624 Market Street

International House

CHESTNUT STREET

34TH STREET

36TH STREET

38TH STREET

40TH STREET

Lauder College House
Hill College House

Kings Court
Penn Law
Franklin Building

Sansom Place West
Sansom Place East
Penn Bookstore

Pottruck

Engineering Quad

Van Pelt-Dietrich Library
Fisher Fine Arts

Annenberg Center
Graduate Student Center

Hunstman

Hillel

NCHW
Rodin

SMITH WALK
Hayden Hall
Chemistry Building

College Hall
Houston Hall
Irvine Auditorium
Cohen Hall
Williams

Steinbert & Dietrich

McNeil
Vance Hall
Steinberg Conference Center

1920 Commons
Harnwell

Gregory
Harrison

Penn Dental

SOUTH STREET

The Quadrangle

Penn Vet

HAMILTON WALK