



School is an exciting and life-changing experience. There are lots of ups, but sometimes there are downs. Know where to go for help if you or a friend are feeling uneasy, unwell, or want to talk to someone.



If You...

... need academic support, guidance, or if you have an academic-related concern:



Please talk with your Academic Advisor, your Cluster Associate Director, or [Weingarten Learning Resources Center](#).

... find that you are dealing with stress related to academics, social pressure, family, friend and relationship issues, or you are in distress:



Please reach out to [Student Counseling](#) (formerly CAPS), [Reach-A-Peer Helpline](#), or [Public Safety's HELP Line](#).

... are feeling ill or have become sick:



Please contact [Student Health](#) or your Cluster Associate Director.

... find that you are struggling with an eating disorder or substance abuse:



Please contact [Student Health](#), [Student Counseling](#), or your Cluster Associate Director.

... are encountering any issues related to sexual violence, gender-based harassment, or stalking:



Please reach out to [Penn Violence Prevention](#), [Penn Women's Center](#), [Student Counseling](#), [Student Intervention Services](#), or [Special Services](#) (Division of Public Safety).

... are feeling financial pressure and/or you need additional financial assistance:



Please reach out to [Student Registration and Financial Services](#), [Student Intervention Services](#) (including Penn's [Emergency and Opportunity Fund](#)), or the [MBA Program Office](#).

... are exploring your gender identity and/or sexual orientation and you would like support or guidance:



Please reach out to the [LGBT Center](#), [Student Counseling](#), or your Cluster Associate Director.

Where to Go for Help

Division of Public Safety's HELP Line

A 24/7 service that connects students, staff, faculty, and families with resources.

[215-898-HELP](tel:215-898-HELP) or [215-898-4357](tel:215-898-4357)
<https://www.publicsafety.upenn.edu/>

Division of Public Safety's Special Services

Investigation services, support, and resources for sensitive crimes and incidents available 24/7.

[215-898-4481](tel:215-898-4481) or [215-898-6600](tel:215-898-6600)
<https://www.publicsafety.upenn.edu/specialservices@publicsafety.upenn.edu>

Penn Violence Prevention

Engages the Penn community in the prevention of sexual violence, relationship violence, stalking, and sexual harassment on campus.

[215-898-6081](tel:215-898-6081)
[215-898-6600](tel:215-898-6600) (24/7 Confidential Helpline, Special Services Unit of the Division of Public Safety)
<https://pvp.vpul.upenn.edu/vpul-pvp@pobox.upenn.edu>

Penn Wellness: Student Counseling

Any student can speak to a trained clinician by phone, day or night (24/7). Students also can schedule virtual appointments and an appointment with the Wharton counseling embed clinician.

[215-898-7021](tel:215-898-7021)
<https://caps.wellness.upenn.edu/wel-caps@pobox.upenn.edu>
Wharton embedded clinician
<https://www.wharton.upenn.edu/wharton-wellness/caps-at-wharton/>

Penn Wellness: Student Health

Comprehensive primary care, including services to help you eat well, sleep well, and reduce stress available 24/7.

[215-746-3535](tel:215-746-3535)
<https://shs.wellness.upenn.edu/wel-caps@pobox.upenn.edu>

Reach-A-Peer Helpline

Available every night while classes are in session (except holidays) from 9pm-1am.

[215-573-2727](tel:215-573-2727) (Call)

[215-515-7332](tel:215-515-7332) (Text)

<https://pennclubs.com/club/rapline>

Student Intervention Services

Supports students in crises, helps students access resources, and responds to concerns about students' well-being.

[215-898-6081](tel:215-898-6081)

vpul-sisteam@pobox.upenn.edu

<https://sis.vpul.upenn.edu/>

Student Intervention Services' Emergency and Opportunity Funding

Any enrolled undergraduate, graduate, or professional student is potentially eligible for this financial assistance.

<https://sis.vpul.upenn.edu/emergency-and-opportunity-funding/>

Student Registration and Financial Services

Includes Student Financial Services, the Office of the University Registrar, and the Office of the Bursar.

<https://srfp.upenn.edu/>

University Chaplain's Office

Provides pastoral support, informal advising, and counseling to students in need of care and comfort. Students can also refer to specific religious community supports such as:

- **PENN HILLEL | THE CENTER OF PENN'S JEWISH COMMUNITY**
- **PENN NEWMAN CENTER | CATHOLIC COMMUNITY SUPPORT**

[215-898-8456](tel:215-898-8456)

<https://chaplain.upenn.edu/>

[215-898-7391](tel:215-898-7391)

<https://pennhillel.org/>

[215-898-8611](tel:215-898-8611)

<https://newman.upenn.edu/>

Weingarten Learning Resources Center

Provides academic support and accommodations for undergraduate, graduate, and professional students.

[215-573-9235](tel:215-573-9235)

<https://wlrc.vpul.upenn.edu/>

Schedule online at My Weingarten Center

<https://upenn-accommodate.symlicity.com/>

Wharton MBA Program Office

Students can speak directly to a staff member in the program office.

[215-898-7604](tel:215-898-7604)

If you want to speak directly to a staff member at an identity resource center:

- **CENTER FOR HISPANIC EXCELLENCE:
LA CASA LATINA**

[215-746-6044](tel:215-746-6044)

<https://lacasa.vpul.upenn.edu/>

- **GREENFIELD
INTERCULTURAL CENTER**

[215-898-3358](tel:215-898-3358)

<https://gic.vpul.upenn.edu/>

- **LGBT CENTER**

[215-898-5044](tel:215-898-5044)

<https://lgbtc.vpul.upenn.edu/>

- **MAKUU: BLACK CULTURAL CENTER**

[215-746-6044](tel:215-746-6044)

<https://makuu.vpul.upenn.edu/>

- **PAN ASIAN AMERICAN
COMMUNITY HOUSE (PAACH)**

[215-573-0823](tel:215-573-0823)

<https://paach.vpul.upenn.edu/>

■ **PENN WOMEN'S CENTER**

215-898-8611

<https://pwc.vpul.upenn.edu/>

■ **GRADUATE STUDENT CENTER (GSC)**

215-746-6868

<https://gsc.upenn.edu/>

■ **FAMILY CENTER AT PENN**

215-746-2701

<https://familycenter.upenn.edu/>

■ **OTHER RESOURCES TO SPEAK WITH**

Your professors

Your advisors

Your peer mentors

Your friends and classmates

