



Wellness
at Penn

**Resource Guide for
Wharton Students**

MBA FOR
EXECUTIVES

Going back to school for your MBA is a life-changing experience. Facing the task of integrating this new facet of your life is an exciting and worthwhile undertaking; but, like any worthwhile undertaking, sometimes the challenge can seem overwhelming. That is when you can turn to Wharton for support. Know where to go for help if you are feeling uneasy or overly challenged; if you need someone to talk to; or if you are unsure of yourself and your performance.



If You...

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



Please talk with your Class Manager 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](#). You can also reach out to [Dr. Jody Foster](#), who provides support for the MBA for Executives Program.

... have become sick due to COVID-19



Please contact your personal physician and report your illness to [Student Health](#).

... find that you are struggling with substance abuse, disordered eating, or addictive behaviors:



Please contact [Dr. Jody Foster](#), who provides support for the MBA for Executives Program.

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



Please reach out to your Class Managers or [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 [school 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](#) or [Dr. Jody Foster](#).

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://sdfs.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:

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

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

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

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

<https://pennhillel.org/>

- **PENN NEWMAN CENTER | CATHOLIC COMMUNITY SUPPORT**

[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 for Executives

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

[215-898-5887](tel:215-898-5887)

Dr. Jody Foster,

jody.foster@penmedicine.upenn.edu

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](tel:215-898-8611)

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

■ **GRADUATE STUDENT CENTER (GSC)**

[215-746-6868](tel:215-746-6868)

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

■ **OTHER RESOURCES TO SPEAK WITH**

Your class manager or program director

Your professors

Your advisors

Your peer mentors

Your friends and classmates

