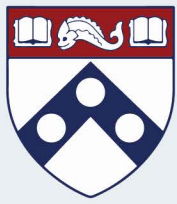


YOUR GUIDE TO:



Wellness

UNIVERSITY of PENNSYLVANIA

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

STAY CONNECTED!

CALL US:

Student Health and Counseling

• Medical Services: 215-746-3535

• Counseling Services: 215-898-7021

Public Health and Wellbeing

• Insurance and Immunization Compliance:
215-746-4200

• Public Health: 215-898-0300

VISIT OUR WEBSITE:

<https://wellness.upenn.edu>

@WellnessAtPenn

@PennTogether

STUDENT HEALTH AND COUNSELING

MEDICAL SERVICES:

- 24/7 access & support
- Allergy care
- Gynecologic care
- Immunization
- Nutrition
- Podiatry
- Primary care
- Sexual health
- Sports medicine
- Travel medicine

COUNSELING SERVICES:

- 24/7 access & support
- Drop-in services (Let's Talk and on-site)
- Individual therapy
- Group therapy
- Psychiatric medication
- Referral & consultation services

PUBLIC HEALTH & WELLBEING

SPECIALTY AREAS:

- Infectious disease surveillance
- Insurance & immunization compliance
- Health policy
- Health education & promotion
- Wellbeing initiatives
- Penn Farm

WORKSHOP TOPICS:

- Substance use
- Helping students in distress
- Imposter syndrome
- Mindfulness & meditation
- Nutrition & physical activity
- Sexual health
- Sleep hygiene
- Stress & self-care

MISSION

Infuse wellness across its eight domains throughout the Penn experience through inclusive, innovative, and impactful initiatives.

VISION

A campus that integrates the science, theory, and practice of wellness.

CORE VALUES

Our core values are grounded in collaborative CARE and fuel everything we do.



These eight domains 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).

STUDENT HEALTH & COUNSELING

COUNSELING SERVICES

3624 Market Street
1st Floor West

MEDICAL SERVICES

3535 Market Street
1st Floor



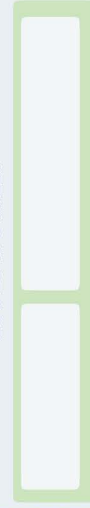
36TH STREET



MARKET STREET

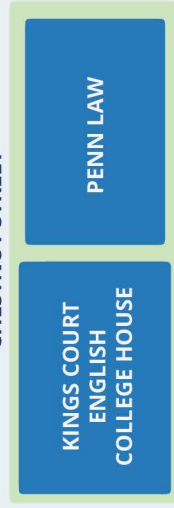
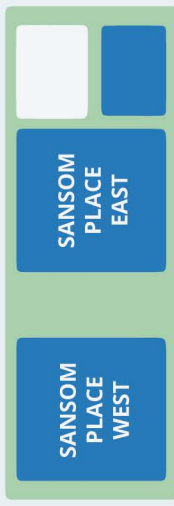


LUDLOW STREET



34TH STREET

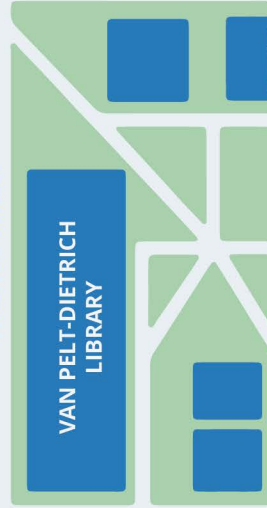
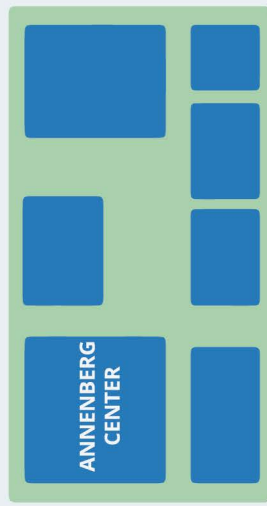
CHESTNUT STREET



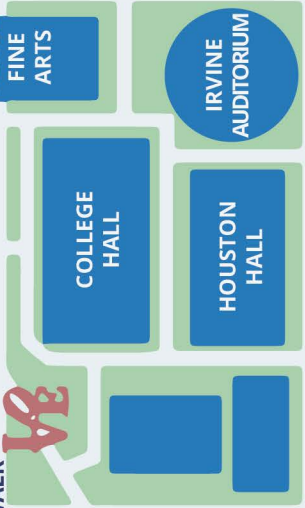
SANSOM STREET



WALNUT STREET



LOCUST WALK



IRVINE AUDITORIUM



FISHER FINE ARTS

CHEMISTRY 1973

HAYDEN HALL

ENGINEERING QUAD

HILL COLLEGE HOUSE

LAUDER COLLEGE HOUSE