

YOUR GUIDE TO



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

STUDENT HEALTH & COUNSELING

24/7 access & support

MEDICAL CARE

- Allergy care
- Gynecologic care
- Immunizations
- LGBTQ+ and gender-affirming care
- Nutrition services
- Primary care
- Sexual health (including PrEP/nPEP)
- Sports medicine
- Travel medicine

COUNSELING

- Individual & group therapy
- Medication management
- Referral and consultation service
- Same day drop-in services at various Let's Talk locations on campus
- Same day drop-in services at 3624 Market Street

PUBLIC HEALTH & WELLBEING

SERVICES & RESOURCES

- Disease surveillance
- Health education
- Immunization & Insurance navigation
- Peer Wellness Coaching
- Penn Farm
- SUPER (Substance Use, Prevention, Education, & Recovery)

TOPICS & INITIATIVES

- Helping students in distress and crisis (ex. *i care, i share, and be aware*)
- Imposter syndrome
- Mindfulness & meditation
- Nutrition & physical activity
- Sexual health
- Sleep hygiene
- Stress & self-care

OUR VISION

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

OUR MISSION

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



OUR CORE VALUES

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



CONNECT WITH US

VISIT US AT THE FOLLOWING LOCATIONS

Counseling

3624 Market Street
1st Floor West

Medical Care

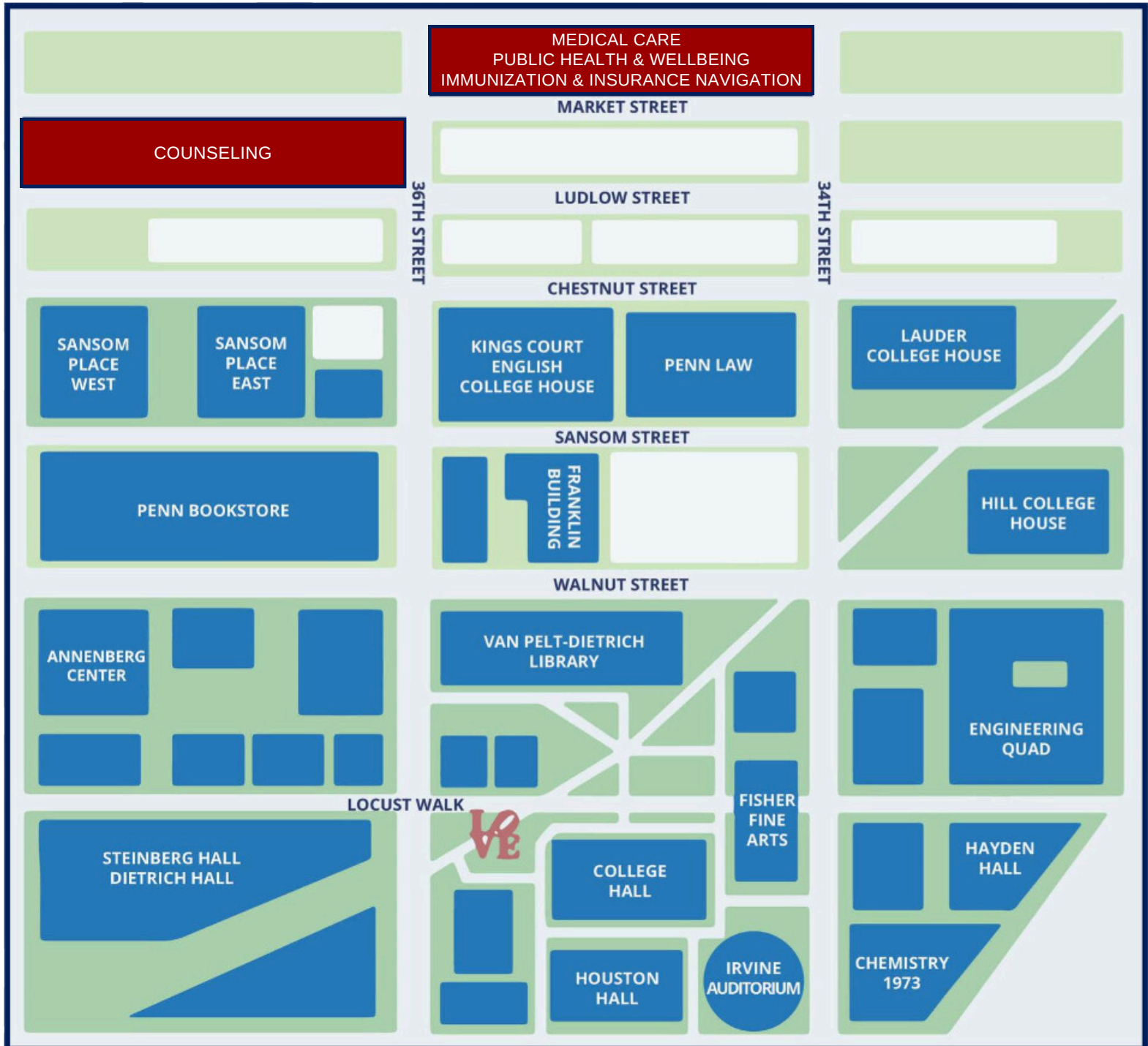
3535 Market Street
1st Floor

Public Health & Wellbeing

3535 Market Street
Mezzanine, Suite 50

Immunization & Insurance Navigation

3535 Market Street
Mezzanine, Suite 60



CONNECT WITH US

215-746-WELL (9355)

wellness.upenn.edu

@WellnessAtPenn