



## **(215) 898-HELP Line**

The HELP Line is a 24-hour-a-day phone number for members of the Penn community who seek time-sensitive help navigating Penn's resources for health and wellness.

Any member of the Penn community can utilize this service by calling (215) 898-HELP (4357). Calls are answered 24 hours a day, 7 days a week by Division of Public Safety professionals trained in mental health referrals by staff from Counseling and Psychological Services (CAPS).

Students dealing with the complex emotional challenges of university life can use the HELP Line to receive information and referrals to the many health and wellness resources at Penn, including CAPS, Student Health Service, Student Intervention Services, Public Safety, and others. They may also call on behalf of a friend or acquaintance. Parents concerned about their student may also call the HELP Line for assistance.