

Student Counseling Program

Penn Behavioral Health

1-888-321-4433 (press 2 at the prompt)

Why should I see a counselor?

Consider counseling if:

- Personal issues are interfering with your work
- Friends can't help, but you still need to talk to someone
- You feel out of control
- Food, alcohol or drugs are causing problems
- You thought you could handle a personal problem, but it won't go away

Who is eligible to use Penn Behavioral Health?

All full-time degree program students and their dependents.

How much does the service cost?

There is NO CHARGE for the first five visits. See the Dean of Student Affairs regarding subsequent visits.

When can I reach a counselor?

24 HOURS A DAY, 365 DAYS A YEAR

Will anyone know if I contact or see a Counselor?

NO... the program is strictly confidential

How does the program work?

The Penn Behavioral Health intake counselor will review your situation with you over the phone, and will make individualized arrangements for a face-to-face appointment with a counselor, best suited to your needs, preferences and location. This program is connected to an outstanding and wide-ranging network of professional therapists and providers throughout the region.

Referral for ongoing assistance

Need further help? If so, Penn Behavioral Health will help you find it. The student counseling program has access to additional resources in the community that can help.

Hotline Numbers

AIDS National Hotline

1-800-342-2437 >> 24 hour

Alcohol/Drug Abuse Hotline

1-800-662-HELP

Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233) >> 24 hour

Eating Disorders Center

1-888-236-1188

Gay & Lesbian National Hotline

1-888-THE-GLNH (1-888-843-4564)

Mon – Fri: 4pm to midnight

Sat: Noon to 5pm

National Suicide Prevention Lifeline

1-800-273-TALK >> 24 hour

Women Organized Against Rape

215-985-3333 >> 24 hour

Nearby Emergency Rooms

Thomas Jefferson Hospital:

239 Thompson Building
1020 Sansom Street
Philadelphia, PA 19107
215-955-6840

Hahnemann University Hospital

Broad & Vine Streets (walk north on Broad Street, one block away from PAFA)
Philadelphia, Pennsylvania 19102
215-762-7000



118-128 N. Broad Street
Philadelphia, PA 19102
215-972-
www.pafa.edu

FOR YOUR WELL-BEING

A Guide to Student Health & Counseling Services



Jefferson Family Medical Associates

833 Chestnut Street, Suite 301
215-955-7190

Jefferson Family Medical Associates (JFMA), at Thomas Jefferson Hospital, provides PAFA students with a variety of basic medical services free of charge, including:

- General primary care for acute and chronic medical problems
- Emergency care during hours when JFMA offices are open
- Family planning and contraceptive counseling including pelvic exam
- Sexually transmitted disease counseling
- Allergy shots (students must provide allergy serum)
- Contacting families and primary care physicians of students in case of emergencies

The following routine office and laboratory diagnostic evaluations as customarily provided in the office at JFMA: blood sugars by finger stick, urinalysis by dip stick, hemoglobin, gram stains, urine pregnancy test, audiometry, and visual testing.

Note: Medical evaluation requiring laboratory services or testing done outside the JFMA office (such as pap smears, blood tests, etc.), will involve additional expenses, which will be the student's responsibility.

Hours for appointments:

Monday & Tuesday

8:15am-11:30am
1:15pm-4:30pm
5:00pm-7:30pm

Wednesday

9:00am-11:30am
1:15pm-4:30pm
5:00pm-6:30pm

Thursday & Friday

8:15am-11:30pm
1:15pm-4:30pm

Saturday

8:15—11:15am

A JFMA physician is on-call 24 hours/day, 7 days/week.

Insurance

The Academy strongly recommends all enrolled students have health insurance. While Jefferson Family Medical Associates offer good service, they do not cover such costs as ambulance services, emergency room visits, x-rays, and laboratory work done outside their offices. These additional expenses will be the student's responsibility.

It is up to each student to determine the sort of coverage that would be most appropriate, depending on such factors as age, gender, services needed, budget, etc. Many students remain insured under a parent's policy (often until the age of 23 or 24), but others are no longer eligible for such coverage. A little homework on the subject can help find the best fit. The annual cost of health insurance can be a fraction of the cost of a trip to the emergency room.

More information about student health insurance options, including information for international students:

Student Health Insurance:

Why, Where & How Much:

www.healthinsuranceindepth.com/other-students.html

Quotes from different insurance providers

www.ehealthinsurance.com

American College Student Association (ACSA)

Student Injury and Sickness Insurance Plans
www.acsa.com

NOTE: This list serves as a guide and is not an indication of PAFA's endorsement of any particular insurance policy. Information is accurate at the time of printing (04/09). This by no means is an exhaustive list and it is always best to do your own research to be sure that it meets your personal needs and budget.

Dental Care

Most minimum student health insurance plans don't cover dental. Here are some resources locally that may be an option for students needing dental care:

Temple University Dental Clinic

215-707-2900

3223 N. Broad Street, Philadelphia

www.temple.edu/dentistry/patient_info.htm

(Reduced cost dental care provided by Temple dental students)

University of Pennsylvania School of Dental Medicine Dental Clinic

240 S. 40th Street, Philadelphia

215-898-8965

www.dental.upenn.edu/patients/clinics/clinic.html

(Reduced cost care provided by Penn dental students)

Quotes from different insurance providers

www.usadentalcare.com/



MORE QUESTIONS? Contact Student Services at 215-972-2199.