

**Call  
215-955-HELP**  
for counseling, health care services, and support group information @ Jefferson

**Calling 215-955-HELP Routes To:**

**Counseling Center  
Health Services  
215-955-HELP (4357)**

**CRISIS TEXT LINE |** Text "PA" to 741-741

 **HealthyMindsPhilly.org**  
Warm Line 1-855-507-9276

**NATIONAL SUICIDE PREVENTION LIFELINE™**  
**1-800-273-TALK**  
www.suicidepreventionlifeline.org

**EMERGENCY LOCATIONS**

**Jefferson University Hospital—10th and Sansom (215) 955-6000**  
**Bryn Mawr Hospital— 130 S. Bryn Mawr Ave (484)337-3000**  
**Einstein Crisis Response Center—5501 Old York Rd (215) 951-8300**  
**Roxborough Memorial Hospital—5800 Ridge Ave (215) 484-9900**

**UNIVERSITY SERVICES**

**Housing & Residence Life— (215) 951-2741**  
**Financial Aid— (215) 951-2940**  
**Career Services— (215) 951-2930**  
**Student Accessibility Services—(215) 951-6830**  
**Dean of Students— (215) 951-2740**  
**Academic Success Center— (215) 951-2731**  
**Title IX Director - (215) 951-2733**

**Public Safety: (215) 951-2999**  
**Philadelphia Police Non-Emergency Number: 311**

**Women Organized Against Rape (WOAR) 24/7 Hotline— (215) 985-3333**

**ON-CAMPUS GRIEF GROUP**

Weekly meet-up starting in February  
Location: TBD  
Email Sue.Nagy@jefferson.edu for more information

**ON-CAMPUS MINDFULNESS WORKSHOPS**

Weekly workshop starting in February  
Location: Kanbar 319  
Email Kristina.Lohre@jefferson.edu for more information

**APPS USED BY STUDENTS**

Headspace: Headspace.com - Meditation & mindfulness techniques to manage stress & anxiety  
Mindshift: Anxietycanada.com - Learn to develop more helpful ways of thinking & identify active steps to cope  
Calm: Calm.com - Helps you improve your sleep & decrease stress through movement, meditation, and music

**INSTAGRAM**

Follow us @jeffersoncounselingservices  
Wellness Activities will be announced on here

**COMMON HOURS FOR CAMPUS BUILDINGS**

Kanbar: M-F 7:30am-12am / S-S 12pm-12am  
Counseling Services: M-F 8am-5pm / Drop-In 1pm-2pm  
Gallagher Center: M-Th 7am-10pm / F 7am-8pm / Sa 10am-6pm Su 12pm-6pm  
Gutman Library: M-Th 8am-2am / F 8am-9pm / Sa 10am-9pm Su 12pm-2am  
Tutoring at Academic Success: M-Th 9am-7pm / F 9am-5pm (215) 951-2799

**WHAT TO DO ON CAMPUS?**

Check out these free group fitness classes:  
www.jeffersonrams.com/fitnessandrecreation/group\_fitness\_classes  
Events offered by OSE:  
www.eastfalls.jefferson.edu/studentengagement  
Community Service Opportunities:  
jeffersoncommunity.wixsite.com