

Call
5-HELP
for counseling, health care services,
and support group information
@ Jefferson

Calling 5-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
instein 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

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
Contact Sue Nagy for more information

ON-CAMPUS MINDFULNESS WORKSHOPS

Weekly workshop starting in February
Location: Kanbar 319
Contact Kristina Lohre 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