

FREE STUDENT COUNSELING

Penn Behavioral Health- FREE short-term counseling
1-888-321-4433 (press 1 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 ten visits. See PAFA's Manager of Student Care & Wellness regarding subsequent visits.

When can I reach a counselor?

8:30 a.m. – 5 p.m. you can reach a care manager. Before 8:30 a.m. or after 5 p.m. you will reach an answering service.

Healthiest You-FREE Telecounseling/ Telepsychiatry

1-855-870-5858

Must register with PAFA Student ID:
go.healthiestyou.com/student/

Who is eligible to use Healthiest You?

All full-time and part-time degree program students and their 18+ y.o. dependents.

Low Residency MFA students are not eligible for Healthiest You services.

How does Healthiest You telecounseling services work?

- Search therapist/psychiatrist profiles online and request an appointment within 72 hours
- All services are conducted online and are unlimited; coverage continues while you're an enrolled student

HOTLINE NUMBERS

Pennsylvania HIV/AIDS/STD Hotline
1-800-662-6080

Alcohol/Drug Abuse Hotline
1-800-662-HELP

Domestic Violence Hotline
1-800-799-SAFE (1-800-799-7233) (24 hour)

Gay, Lesbian, Bisexual & Transgender National Hotline
1-888-THE-GLNH (1-888-843-4564)
Monday – Friday: 4 p.m. to midnight
Saturday: Noon to 5 p.m.

National Suicide Prevention Lifeline
1-800-273-TALK (24 hour)

Crisis Text Line
Text HELLO to 741 741

Philadelphia Center Against Sexual Violence-WOAR
215-985-3333 (24 hour)

NEARBY EMERGENCY ROOMS

Thomas Jefferson Hospital:
132 S. 10th Street Philadelphia, PA
19107
215-955-6840

University of Pennsylvania Hospital
3400 Spruce Street Philadelphia, PA
19104
215-662-4000

Pennsylvania
Academy
of the Fine Arts **PAFA**

118-128 N. Broad Street, Philadelphia, PA 19102
215-972-7600 | pafa.edu

PAFA

Pennsylvania Academy
of the Fine Arts



**FOR YOUR WELL-BEING
A GUIDE TO
STUDENT HEALTH &
COUNSELING SERVICES**

Jefferson Family Medical Associates

33 South 9th Street, Suite 301

215-955-7190 or 215-955-5559

Mon- Thurs 7:30am-8:30pm; Fri 8:00am-5:00pm;
Sat 8:00am-12:00pm (appt only).

Jefferson Family Medicine Associates (JFMA) serves as our primary care practice, covering basic office visits and services, however the costs of specialists, X-rays, laboratory work done outside the JFMA office (such as pap smears, blood tests, etc.), ambulance service and emergency room visits are not covered. Therefore, it is important to have health insurance to cover these specific expenses.

JFMA provides PAFA Students with a variety of basic medical services free of charge:

- General primary care for acute and chronic medical problems
- Emergency care during hours when JFMA offices are open
- Sexually transmitted disease counseling, family planning and contraceptive counseling including pelvic exam
- Allergy shots (students must provide allergy serum)

Students must bring their PAFA Student ID and Health Insurance Card to Jefferson registration staff. Identified PAFA students are not required to pay any copays for outpatient office visits at Jefferson Family Medical Associates.

INSURANCE

PAFA's school-sponsored Injury and Sickness Insurance Plan is administered by First Risk Advisors and is underwritten by the United Healthcare Insurance Company.

To enroll in the PAFA Student Health Insurance Plan and view full details of participation in the plan visit www.firststudent.com.

If you already have health insurance, check with your provider to ensure that you will be covered in the Philadelphia area.

URGENT CARE

When the Emergency Room isn't quite necessary, but Jefferson Family Medical Associates is not open, Urgent Care can be a good option. This is not covered under our arrangement with Jefferson Family Medical Associates. Students need to check their health insurance for coverage. Urgent Care locations closest to PAFA:

Jefferson Urgent Care

700 Walnut Street | 215-503-7300
Open Mon-Fri 8:00 a.m. to 8:00 p.m.; Sat & Sun 8:00 a.m.-6:00 p.m.

Jefferson Urgent Care- Rittenhouse Square

2021 Chestnut Street | 267-443-2020

Healthiest You-24/7 Telemedicine

FREE for full time and part-time PAFA Students
Must register with PAFA Student ID:
go.healthiestyou.com/student/
Low Residency MFA students are not eligible for Healthiest You services.

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

(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

penn dental medicine.org/get-your-appointment-now/
(Reduced cost care provided by Penn dental students)



**QUESTIONS? Visit PAFA's Health & Wellness webpage: sites.google.com/pobox.pafa.edu/healthwellnesspafa/home
OR Contact PAFA's Manager of Student Care & Wellness, Julianna Fomenko: 215-972-2003 jfomenko@pafa.edu**