

FREE STUDENT COUNSELING

Penn Medicine EAP - FREE short-term counseling

1-888-321-4433 (press 1 at the prompt)
<https://pennmedicine.eapintake.com/>

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

Who is eligible to use Penn Behavioral Health?

All full and part-time degree program students and their dependents.

How much does the service cost?

There is **NO CHARGE** for the first ten visits. Subsequent visits require a separate clinical issue and require additional intake.

When can I reach a counselor?

8:30 am–5:00 pm you can reach a counselor for intake. Before 8:30 am or after 5:00 pm you will reach an answering service that can connect you to a counselor on call if you need immediate support.

Healthiest You- FREE Online counseling/psychiatry

1-855-870-5858

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

Who is eligible to use Healthiest You?

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

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

How does Healthiest You Online Counseling Services work?

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

HOTLINE NUMBERS

National STD/AIDS Hotline

1-800-342-2437 (24 hour)

Alcohol/Drug Abuse Hotline

1-800-662-HELP (24 hour)

Domestic Violence Hotline

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

The Trevor Project- LGBTQ+ specific support

1-866-488-7386

Text START to 678-678 (24 hour)

National Suicide Prevention Lifeline

Call or text 988 (24 hour)

Crisis Text Line- general crisis support

Text HELLO to 741 741 (24 hour)

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 (24 hour) or 215-955-5559 (8am-5pm)
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.

Remember to set up your MyChart account:
<https://mychart.jefferson.edu/mychart/signup>
to schedule appointments, request prescription refills and more!

INSURANCE

PAFA's school-sponsored Injury and Sickness Insurance Plan is United Healthcare Student Resources and is administered and 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:

<https://studentcenter.uhcsr.com/pafa>

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.

Jefferson Urgent Care

700 Walnut Street | 215-503-7300
Open Mon-Fri 8:00 a.m. to 7:30 p.m.; Sat & Sun 8:00 a.m.-5:30 p.m.

Jefferson Urgent Care- Rittenhouse Square

2021 Chestnut Street | 267-443-2020
Open Mon-Fri 8:00 a.m. to 7:30 p.m. No weekends.

Healthiest You-24/7 Telemedicine

FREE for full 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

3223 N. Broad Street, Philadelphia
215-707-2900

(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

<https://penndentalmedicine.org/get-your-appointment-now/>

(Reduced cost care provided by Penn dental students)

