Your Health and Wellness at PAFA

We want to ensure all students are supported and have access to physical health, mental health, and accommodation services.
What we'll be discussing

1. Student Support Coordinator
2. Physical Health
3. Mental Health
4. Student Health Insurance
5. Academic Accommodations
6. Wellness Resources
Student Support Coordinator

Seek support.
The Student Support Coordinator connects students to services that fulfill their health and wellness needs.

Stop by.
Located in the Samuel H. Hamilton building, 3rd floor, office Room 338. Or visit PAFA's Health and Wellness website.

Be in touch.
Reach out and connect when you need access and accommodations via email. healthandwellness@pafa.edu
Physical Health Service

Accessible to ALL PAFA Students
Jefferson Family Medicine Association

What services do they offer?

- In-person and online
- **General primary care** for acute/chronic medical problems
- **Temporary medication** refills until connected to psychiatry
- **Sexually transmitted disease (STD)** counseling, family planning, and contraceptive counseling, including pelvic exam
- **Allergy shots** (students must provide allergy serum)
- Request a doctor who speaks Mandarin, Spanish, or other language

**Address:** 33 South 9th street suite 301 Philadelphia PA, 19107

**Phone:** 215-955-5559 or 215-955-7971

**Online:** [MyJeffersonHealth](#)

**Walk-in hours:** Mon-Thursday 8:00 am-7:20 pm, Friday 8:00 am-5:00 pm, Saturday (appt only): 8:00 am-12:00 pm
Mental Health Service

Accessible to ALL students except Low-Residency MFA students
What services do they offer?

- In-person and online
- Penn Behavioral Health counseling model is short-term (10 visits) and therefore clinical issues should be able to be appropriately and safely managed under a short-term, outpatient treatment model.
- Once you complete the phone screen & are eligible, PBH will email you a list of clinicians for you to call to set up your first appointment
- Max of 10 therapy visits per clinical incident
- You can request a provider who is LGBTQ+ competent or identifies as an LGBTQ+ clinician

Online intake: https://pennmedicine.eapintake.com/
*Call for eligibility screening
Phone: 1-888-321-4433, press 1 and say you’re a PAFA Student seeking counseling services

Hours: Monday–Friday, 8:30 am–5:00 pm
When Calling 911 for a Mental Health Emergency

Remember to
✓ Remain calm
✓ Explain that your loved one is having a mental health crisis and is not a criminal
✓ Ask for a Crisis Intervention Team "CIT officer"

They will ask
✓ Your name
✓ The person's name, age, description
✓ Whether the person has access to a weapon
✓ The person's current location


TIPS: Waiting for Help to Arrive

If you don't feel safe at any time, leave the location immediately. If you feel safe staying with your loved one until help arrives:
✓ Announce all of your actions in advance
✓ Use short sentences
✓ Be comfortable with silence
✓ Allow your loved one to pace/move freely
✓ Offer options for example
  “do you want the lights off?”
✓ Reduce stimulation from TV, lights, loud noises
✓ Don't disagree with the person's experience

Physical & Mental Health Service

How about both?
Physical Health

What services do they offer?

- Online and phone
- 24/7, unlimited, on-demand non-emergency Telehealth medical services online or phone

Mental Health

What services do they offer?

- Online and phone
- Non-urgent, routine online counseling or psychiatry
- Access therapist/psychiatrist profiles & filter by specialty, language, gender & etc.
- Allow 72 hours for a response when establishing your first appointment
- Unlimited sessions while enrolled at PAFA

Register Online: go.healthiestyou.com/student/

Phone: 1-855-870-5858

* Have your PAFA ID on hand
Student Health Insurance

All students are automatically enrolled
Students have the option to waive PAFA's student health insurance each academic year and continue with external insurance options.

United Healthcare

How to access:

- Download the UHC Student Resource app (Apple OR Google Play)
- Or log in to UHC Student Resources on your web browser: uhcsr.com

What services are offered?

- Find local in-network medical or behavioral health providers
- Access your health insurance card
- Access your medical claim info
- Access 24/7 Medical or Tele-behavioral counseling
- Access to Gay and Lesbian Medical Association’s (GLMA)- LGBTQ+ Provider’s Directory
- Coverage is active per academic year
Academic Accommodations

For students with a physical, medical, learning, neurological, psychological, or other permanent or acute disability, we will ensure equal access to all college programs, activities, and services.

What qualifies as an academic accommodation:

- Eliminating physical barriers
- Extended time on tests or projects
- Utilizing note-takers, audio recording lectures, video captioning, use of a calculator or computer, e-books, screen-reader accessibility, and other adaptive tools
- An accommodation is not considered reasonable if it fundamentally alters the essential elements of an academic program.
- A student’s disability, diagnosis, or condition is never disclosed by PAFA Student Life Staff and is protected by HIPAA law.
Food Pantry

- Located in the Samuel H. Hamilton Building, on the 6th floor, Room 652
- Access during building open hours
  - Monday- Sunday hours depending
- Available to all enrolled PAFA students

What you'll find here:

- Shelf-stable food items
  - rice, beans, soup, pasta, peanut butter, etc.
- Toiletry items
  - toilet paper, toothbrush, toothpaste, soap, tampons, etc.
- The Student Life team will ensure the pantry is stocked. However, donations are accepted and welcome!

Philly Food Access Resource:

Check out the TooGoodToGo app that connects customers to restaurants and stores that have unsold food surplus in your local area.
Wellness Programming

Take advantage of the Fall 2023 Health and Wellness event programming. Attending events is a great way to take care of yourself and connect with other PAFA students!
Questions?
Let us know if you have any questions or concerns. Give us your feedback and suggestions!

Connect with your health and wellness support.
healthandwellness@pafa.edu