Counseling Services through PAFA and Penn Behavioral Health

Consider counseling if
- Personal issues are interfering with your work
- Friends can’t help, but you still need someone to talk to
- 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

There is no charge for the first eight visits. If you are a fulltime PAFA student (or dependent of one) you can use this service.

How does it work?
- Call the number 1-888-321-4433 (press 3 at the prompt)
- Speak to the intake counselor and let them know what is going on with your life
- Make sure they know you are a PAFA student
- Tell them where you would like to have counselor (near school, home etc)
- They will set up a face to face appointment

I don’t want anyone to know about this
No one will. It’s confidential. We won’t know, your friends and family won’t know. No one will know unless you choose to tell them.

What about insurance?
If your insurance covers counseling, let the intake person know – they can set you up with someone who takes your insurance after your eight free sessions are up.

When can I call?
24 hours a day / 365 days a year

How do I know if the counselor will be any good?
Penn Behavioral Health has an outstanding and wide-ranging network of professional therapists. They will find you someone suited to your needs and preferences. Really. They will.