

# IF YOU ARE STRUGGLING WITH...

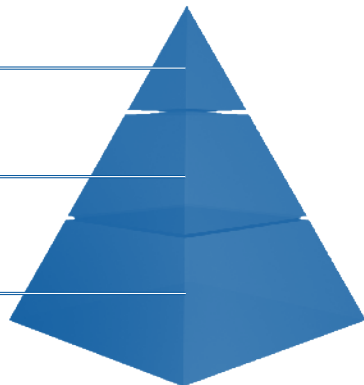
- Anxiety and stress
- Relationship issues
- Problems with parents
- School concerns
- Work issues
- Financial problems
- Grief and loss
- Drugs or alcohol
- Depression
- Suicidal thoughts
- Domestic abuse
- Date rape
- Eating disorders
- Racial issues

## WE CAN HELP!

Chaplain Services  
& Professional  
Counseling Services

Personal  
Support Team

A Place to Talk



### For more information contact:

**Health & Wellness Center**  
**Donna Monk, R.N., M.S.**  
**Director of Health Services**  
103 Lares  
215-881-7350 or [djm40@psu.edu](mailto:djm40@psu.edu)



This publication is available in alternative media on request. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.  
U.Ed 11-30



## EMOTIONAL SUPPORT SERVICES



**Offering free,  
confidential support  
to students  
under stress.**

## A PLACE TO TALK

For students who prefer to talk to a peer, A Place To Talk (APTT), a peer counseling club, offers confidential one on one support from a fellow peer trained in listening skills.

This service is open to any student seeking anonymous support, resources or referral to other on campus services. Services include:

- Peer counseling in a safe, private environment
- Information, resources, and referrals for additional emotional support services
- Wellness programs to enhance awareness on topics of interest to college-age students
- Peer counseling training for students interested in club participation



### CONTACT INFORMATION:

*No appointment necessary*

**Students may stop by the APTT office in 102A Lares for hours posted on door, or they may contact Donna Monk, R.N., M.S.**

**Director of Health Services:  
103 Lares**

**215-881-7350 or [djm40@psu.edu](mailto:djm40@psu.edu)**

## PERSONAL SUPPORT TEAM

The Personal Support Team consists of faculty and staff available to lend non-professional short-term support to students in distress. Resources and referrals for professional counseling services are provided when necessary.

### TEAM MEMBERS

	Room	Ext.
<b>Donna Monk</b> , Chair <i><a href="mailto:djm40@psu.edu">djm40@psu.edu</a></i>	103L	7350
<b>Karen Carli</b> <i><a href="mailto:ksc15@psu.edu">ksc15@psu.edu</a></i>	203L	7511
<b>Carol DeBunda</b> <i><a href="mailto:cad8@psu.edu">cad8@psu.edu</a></i>	205L	7512
<b>Jacqueline Payrow</b> <i><a href="mailto:jmp9@psu.edu">jmp9@psu.edu</a></i>	106S	7391
<b>Bryan Polk</b> , Chaplain <i><a href="mailto:bep3@psu.edu">bep3@psu.edu</a></i>	323S	7548
<b>Jose Rodriguez</b> <i><a href="mailto:jzr6@psu.edu">jzr6@psu.edu</a></i>	208L	7501
<b>Dr. Fran Sessa</b> <i><a href="mailto:fms11@psu.edu">fms11@psu.edu</a></i>	235cW	7361

### CONTACT INFORMATION:

Students may contact any team member directly or seek services through the Health and Wellness Center, 103 Lares  
215-881-7350 or [djm40@psu.edu](mailto:djm40@psu.edu)

## CHAPLAIN SERVICES

Chaplain Bryan Polk, lecturer of religious studies and English, offers short-term emotional support services to our campus community.

### CONTACT INFORMATION:

**323 Sutherland Building  
215-881-7548 or [bep3@psu.edu](mailto:bep3@psu.edu)**

## PROFESSIONAL COUNSELING

A campus psychologist is available for free, short-term counseling services to all Penn State Abington students. For those who may prefer off-campus support, referrals to outside agencies will be provided.

*Students struggling with overwhelming stress, mental health issues or drug and alcohol problems need not suffer in silence. Help is a phone call away.*



### CONTACT INFORMATION:

Contact Health Services in 103 Lares for a referral or call 215-881-7350

On-campus counseling services are available in 102A Lares

Off-campus counseling services are available at the Growth Opportunity Center and Aldersgate Youth Service Bureau

## SUICIDE PREVENTION

Looking for support ? Dial 1.800.SUICIDE and be seamlessly connected to an available certified crisis center nearest to your calling location.