

# Emotional Support Services

## 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:

Students are welcomed to stop by the APTT Office in 102A Lares for hours posted on the office door

Contact Donna Monk, Director of Health Services in 103 Lares, 215-881-7350 or [djm40@psu.edu](mailto:djm40@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 area available in 102A Lares

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

## 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>djm40@psu.edu</i>	103L	7350
<b>Karen Carli</b> <i>ksc15@psu.edu</i>	203L	7511
<b>Carol DeBunda</b> <i>cad8@psu.edu</i>	205L	7512
<b>Jacqueline Payrow</b> <i>jmp9@psu.edu</i>	106S	7391
<b>Bryan Polk</b> <i>bep3@psu.edu</i>	323S	7548
<b>Jose Rodriguez</b> <i>jzr6@psu.edu</i>	208L	7501
<b>Dr. Fran Sessa</b> <i>fms11@psu.edu</i>	235cW	7361
<b>Marla Stalone</b> <i>mls65@psu.edu</i>	106S	7334

### Contact Information:

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

## COORDINATOR OF CHAPLAIN SERVICES

Bryan Polk, lecturer in Religious Studies and English with a Masters of Divinity Degree, offers referrals for outside chaplain services to any student seeking support regarding spiritual issues.

### Contact Information:

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

## SUICIDE PREVENTION

Looking for support? You are not alone— a crisis counselor is a phone call away.

Call 1-800-SUICIDE to be seamlessly connected with an available certified crisis center nearest to your calling location.