

# 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!



### 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)



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## EMOTIONAL SUPPORT SERVICES



Offering free,  
confidential support  
to students  
under stress.

## A PLACE TO TALK

A Place To Talk, APTT, a peer counseling club, offers confidential one on one support from a fellow peer trained in listening skills.

Open to all students seeking support, resources, or simply an opportunity to talk to a peer anonymously. 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**

**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 short-term support to students in distress. Resources and referrals for professional counseling services are provided when necessary.

### TEAM MEMBERS:

	<i>Room</i>	<i>Ext.</i>
<b>Donna Monk, Chair</b> <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>Yvonne Thompson</b> <i>ynt2@psu.edu</i>	106S	7353

### 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 in Religious Studies and English, with a Master of Divinity degree, 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

Professional counseling, both on- and off-campus, is available to students by referral only. Penn State Abington partners with two local facilities for mental health as well as drug and alcohol counseling services. Students struggling with overwhelming stress, mental health issues, or drug and alcohol problems need not suffer in silence. Help is a phone call away.

### By referral only:

- On-campus counseling services are available part-time in 102A Lares.
- Off-campus counseling services are available at the Growth Opportunity Center and Aldersgate Youth Service Bureau.

### CONTACT INFORMATION:

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

