

Faculty & Staff Mental Health Resources



Tending to your mental health is as essential as taking care of your physical health. To support its community, Penn offers both preventative and treatment services to benefits-eligible faculty and staff through a variety of resources at [MindWell at Penn](#).



Employee Assistance Program (EAP)

Penn's EAP provides eligible faculty, staff, and their families access to free, confidential, 24/7 counseling and referral services for personal and professional life issues. Support is available by phone, email, online, and in-person sessions.

Find information [here](#).



EAP Legal & Financial Support

Penn's EAP also provides employees with free, confidential, 24/7 support for financial and legal services such as estate planning, divorce, adoption, landlord/tenant matters, tax questions, referrals to local attorneys, and more.

Find information [here](#).



Penn Cobalt

Penn Cobalt is a platform that matches faculty and staff to mental health resources and support, including therapy, medication prescribers, group sessions, wellness coaching, self-help resources, spiritual support, and more.

Find information [here](#).



Journeys

Journeys supports personal health goals through daily, self-guided courses that help build healthy habits, such as getting active, eating healthy, sleeping well, managing stress, finding purpose and belonging, managing substance use, and more.

Find information [here](#).

Penn also offers a variety of wellness events and activities every month. To view upcoming events and workshops, visit the Penn HR website [here](#).

For a clickable version of this flyer, scan the QR code here!

