

# WE'VE GOT YOUR BACK.

Free mental health, food, housing & financial aid resources — for every student in Philadelphia.

 **CRISIS LINES 24/7**

 **988 — Suicide & Crisis**

 **Text HOME → 741741**

 **844-PHL-HOPE — NAMI Philly**

 **SUPPORT**

## MENTAL HEALTH

### City of Philadelphia BH&DS

24-hr crisis line, referrals & counseling  
**215-685-6440**

### Healthy Minds Philly

Free tools, no insurance needed  
[healthymindsphilly.org](http://healthymindsphilly.org)

### Drexel Psych Services

Open to ALL Philadelphians  
**215-553-7128**

### Philly Hope Line

Grief & emotional support  
**833-745-4673**

 **NUTRITION**

## FOOD SECURITY

### Dial 211

Immediate local food bank & shelter referrals  
statewide

### SNAP Benefits (PA)

Apply at [pa.gov/agencies/dhs/resources/snap](http://pa.gov/agencies/dhs/resources/snap) or  
[phila.gov](http://phila.gov)

### Greater Philly Programs

Share Food Program · Philly Food Rescue · Sharing  
Excess · Feeding PA ([feedingpa.org](http://feedingpa.org))

### Campus Food Pantries

Ask Student Services about free on-campus meals &  
pantries

 **ON CAMPUS**

## CAMPUS COUNSELING

**UPenn**

24/7 · 215-746-WELL · Mantra  
Health teletherapy

**Drexel**

24/7 · 215-416-3337 · Group  
therapy & workshops

**Temple**

Tuttleman Counseling · Welltrack  
· Togetherall

**Jefferson**

215-955-HELP · Welltrack  
Connect

**CCP**

ULifeline · NAMI Philly · Healthy  
Minds Philly

**All Schools**

Search "Counseling" or  
"Wellness" on your campus  
website

 **HOUSING**

## STABILITY & SHELTER

**Dial 211**

Immediate shelter referrals — call or text

**SchoolHouse Connection**

Scholarships & housing support for homeless youth

**Campus Emergency Aid**

Emergency grants, housing priority & fee waivers —  
ask Student Affairs

 **FINANCIAL**

## FINANCIAL AID

**FAFSA — Independent Status**

Homeless youth qualify as independent students —  
more aid available

**CTLawHelp**

Free legal help for low-income individuals including  
housing issues

**NCHE Scholarships**

National Center for Homeless Education — lists  
grants & resources



Start by contacting your **Financial Aid** or **Student Affairs** office — they can connect you to your campus liaison and all local resources.