

PA Fostering Independence: A Resource Guide for Eastern University Students

About this Guide

This guide is designed to provide you with the information and support you need to succeed at Eastern University. Navigating a new environment can be challenging, and this document highlights the key people and services available to assist you with housing, health, academics, and more both during and after your time at Eastern.

Campus Resources

Housing

Services: The Residence Life & Housing Office is a valuable resource for all undergraduate students, providing assistance with the application process, room assignments, and addressing questions related to on-campus living.

Contact:

Email: housing@eastern.edu

Phone: 610-341-5823

How to Access Services:

- Complete the Housing Application & Commuter Request form on the housing portal (required for all traditional undergraduates).
- Submit this form as soon as possible after acceptance.
- Contact Housing via email or phone with questions.

You can access instructions on how to navigate the Health Portal [here](#) or watch the tutorial video [here](#).

Health

Services: The Suzanne Walton Student Health & Wellness Center provides convenient on-campus healthcare services.

Contact:

Email: healthcenter@eastern.edu

Phone: 610-341-5955

How to Access Services:

The Health Center is open Monday–Friday, 9:00 AM–5:00 PM (closed daily from 12:00–1:00 PM for lunch).

To self-schedule an appointment, [access the health portal](#) to pick the date and time that works for you. Here you can access step-by-step [instructions](#) or [watch a video](#) on how to self-schedule.

Appointments are strongly encouraged, but walk-ins are welcome. Please note that walk-ins may experience a short wait.

You can explore the services we provide [here](#).

Emergency Care After Hours

In cases of illness and injury after Health Center operating hours, students should contact Public Safety and notify their Resident Directors. Students are encouraged to always call 911 in an emergency.

Note: Students are responsible for all hospital fees, medical bills and transportation to an outside facility. A member of the Health Center staff will follow-up on the next business day. Learn more: [View after-hours resources](#).

Health Forms

All full-time undergraduate students who will be residing (living in the residence halls) on the St. David's campus are required to complete health forms. All required forms are to be uploaded into the [EU Health Portal](#).

Mental Health

Services: The Cushing Center for Counseling and Psychological Services (CAPS) supports student mental and emotional well-being. Free counseling services for enrolled students (in-person & online options), as well as self-help, peer support and crisis support are available.

Contact:

Email: caps@eastern.edu

Phone: 610-341-5837

How to Access Services:

- Contact CAPS via email or phone or check out [the CAPS website](#) to begin.

After-hours Crisis Resources:

- Call the CAPS number (610-341-5837) to connect with a someone for urgent support
 - 988 Suicide & Crisis Lifeline
 - Delaware County Crisis Connections Team: 1-855-889-7827
 - Crisis Text Line: Text HOME to 741741
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Title IX

Services: The Title IX office addresses and investigates reports of sexual misconduct, harassment, and discrimination.

Contact:

Office: Walton 210

Email: TitleIX@eastern.edu

Phone: 610-341-5823

How to Access Services:

- For more information regarding the policy or to make a report, visit [Title IX and Reporting Sexual Misconduct | Eastern University](#)
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Center for Career Development

Services: The Center for Career Development helps students at every stage of their career journey, from choosing a major to finding internships and jobs. On their [website](#), they offer resources like [Handshake](#) for finding on and off-campus opportunities, [Big Interview](#) for virtual interview skills practice, [Parker Dewey](#) for paid, remote micro-internships, and much more. Additionally, they offer year-round career events to connect students with employers and alumni, build networking skills, and support student career success.

Contact:

Office: Walton 202

Email: careers@eastern.edu

Phone: 610-341-5827

How to Access Services:

You can make an appointment with a career coach via [Handshake](#) to discuss your goals and receive personalized guidance. The Center for Career Development's [website](#) also provides online resources and tools to help you with your career journey. To see their calendar of upcoming career events and workshops, both in-person and online, [click here](#).

Academic Advising

Services: Academic advising supports course selection, degree planning, and exploration of majors/minors.

Contact:

advising@eastern.edu

How to Access Services:

- During your first year at Eastern, your INST 150 instructor will be your primary advisor.
 - You will then be assigned a departmental advisor based on your major.
 - Visit my.eastern.edu to see your assigned advisor.
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Learning Support & Tutoring

Services: The Academic Resource Center (ARC) provides academic coaching, tutoring, and writing assistance

Contact:

Email: arc@eastern.edu

Phone: 610-225-5567

Visit: 3rd floor of Warner Library

How to Access Services:

- Tutoring, academic coaching, and writing assistance available.
- Book through WOnline, which you can access via the [ARC website](#).
- The Testing Center is also available for those with related accommodations.

Disability Services

Services: Office of Disability and Access (ODA) provides accommodations for students with documented disabilities that require reasonable modifications for academics, mobility, housing, meal plans, etc.

Contact:

Email: oda@eastern.edu

Phone: 610-341-5990

Visit: Warner Library 226

Disability Support:

- Disabilities can take many forms; the ODA can assess eligibility and provide accommodations.
- Students must provide documentation to initiate services.
- Visit the [ODA website](#) for more information.

Off Campus Resources

Housing

If you need assistance with housing off campus in the Radnor area, start by Contacting PA 211:

- **Dial or Text:** Call 211 or text your zip code (19087 for Radnor) to 898-211.
- **Get Connected:** You'll be connected with a trained specialist who can provide information and referrals to housing assistance programs and other support services in your community.

There are also several programs available to help with off campus housing:

- **Housing Choice Voucher Program:** This program, formerly known as Section 8, provides rental assistance to low-income families in the private rental market. You apply through a [Public Housing Authority](#) (PHA).
- **Emergency Rental Assistance Program (ERAP):** Available through the Commonwealth of Pennsylvania, this program can help with rent, utilities, and

other housing-related costs if you're facing eviction or a housing crisis. Contact your local [County Assistance Office \(CAO\)](#) for this and the [Emergency Shelter Allowance](#).

- **Homeless Assistance Program (HAP):** This program helps prevent homelessness and assists those who are homeless or at risk of losing their housing. You apply through your county's HAP provider.
 - **First-Time Homebuyer Programs:** If you're looking to buy a home, the [Housing Partnership of Chester County](#) offers financial assistance, counseling, and training for low- and moderate-income individuals.
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Food

Eagle's Essentials (on-campus food pantry)

Eagle's Essentials provides resources, such as shelf-stable foods, hygiene products, and frozen meals, to alleviate food insecurity, improve long-term health and eating habits, ensure allergies are recognized and addressed, and promote sustainability on campus.

Eagle's Essentials is located in Kea-Guffin Hall. For more information, contact Student Development at (610) 341-5823, email eagles.essentials@eastern.edu, or visit [Eagle's Essentials - Food Pantries | Eastern University](#)

Food Bank

To find a food bank in this area, contact organizations like Wayne Cares at 610-254-1330 or visit the [Wayne United Methodist Church](#) which serves local families. You can also use the [City of Philadelphia food finder](#) for other options.

Wayne Cares Food Pantry

- **Location:** Serving the Radnor Township area.
- **Services:** Offers supplemental groceries, dairy products, eggs, and frozen meats.
- **Distribution:** Wednesday mornings 9 AM – 1 PM, and Wednesday evenings 5 PM – 6:30 PM.

- **Special Offerings:** Provides hygiene products, cleaning products, and fresh produce on specific Wednesdays.
- **Contact:** Call 610-254-1330.

Other Resources

- **[City of Philadelphia Food Finder](#):** This tool can help you find food and meal sites, though some results may be within the city limits.
- **Call community organizations:** For local resources, contact community and religious organizations in your area for a referral.

Food Stamps

The Supplemental Nutrition Assistance Program (SNAP) helps Pennsylvanians buy food. People in eligible low-income households can obtain more nutritious diets with SNAP increasing their food purchasing power at grocery stores and supermarkets. Those who are eligible receive an Electronic Benefits Transfer (EBT) ACCESS Card to make food purchases. Experiencing a food emergency and need food right away? Help is available. Visit the [PA Department of Human Services website](#) to see if you qualify and to apply.

Health Insurance

Pennsylvania offers several programs to provide free or low-cost health insurance to eligible residents.

Medicaid:

- Provides comprehensive medical coverage to low-income individuals and families.
- Eligibility is based on income and household size.
- To apply, visit the Pennsylvania Department of Human Services website (<https://www.compass.state.pa.us/>).

Children's Health Insurance Program (CHIP):

- Provides health insurance for children from families with moderate incomes who do not qualify for Medicaid.
- Eligibility is based on income and household size.
- To apply, visit the Pennsylvania Department of Human Services website or call 1-800-986-KIDS (5437).

Pennie:

- Pennsylvania's health insurance marketplace.
- Offers affordable health insurance plans to individuals and families who are not eligible for Medicaid or CHIP.
- To apply, visit the Pennie website (<https://pennie.com/>).

Other Programs:

- Some employers may offer health insurance as part of their benefits package.
- Some non-profit organizations may provide health assistance programs.

To qualify for any of these programs, you must:

- Be a Pennsylvania resident
- Be a U.S. citizen, national, or have qualified immigration status
- Meet income eligibility requirements

For more information on eligibility and how to apply, visit the [Pennsylvania Department of Human Services website](#) or contact the appropriate organization directly.