

Crisis Services for Penn State Students

**IF YOU ARE AFRAID YOU WILL NOT BE ABLE TO AVOID HURTING
YOURSELF OR
SOMEONE ELSE, GET HELP IMMEDIATELY.**

- Go to the Mount Nittany Medical Center Emergency Department
- Call 911 or 1-800-643-5432

Students who are experiencing a psychological or emotional crisis often need immediate help and intervention. Some examples of serious crises include:

1. suicidal or homicidal thoughts or impulses;
2. sexual or physical assault;
3. hearing voices or otherwise misperceiving reality;
4. overwhelming loss, such as a death in the family.

Listed below are services available in crisis situations.

- **Center for Counseling and Psychological Services (CAPS: 814-863-0395)** CAPS provides crisis intervention services during the hours of 9:00 a.m. to 5:00 p.m., Monday through Friday. Call or come to the CAPS office (221 Ritenour) and MAKE IT CLEAR THAT YOU ARE IN CRISIS. Every effort will be made to respond as soon as possible. If you are in ongoing treatment at CAPS, you may ask to speak to your regular counselor or a crisis counselor.
- **Psychiatric Medications:** If you are having a problem with a psychiatric medication, call the prescribing provider. If your problem is urgent or involves serious side effects, call or go to the
 - **Mount Nittany Medical Center Emergency Department** (814-234-6110)

GENERAL CRISIS SERVICES

- **Centre County CAN HELP Line (1-800-643-5432)**
This is a 24-hour crisis hotline available to students. Counselors who staff the hotline will help people manage a crisis situation; a mobile team is available when needed. They refer to Centre County hospital facilities if hospitalization is needed.
- **Community Help Centre** (Formerly Wellspring, Inc: 814-235-1890)
Located at 139 South Pugh Street in State College, this is a local agency that provides both telephone and in-person crisis intervention services. Walk-in hours are from 9:00 a.m. to 6:00 p.m., Monday through Friday. The crisis hotline is available 24 hours a day.

DOMESTIC/RELATIONSHIP VIOLENCE AND SEXUAL ASSAULT SERVICES

- **Centre County Women's Resource Center** (814-234-5050)
The Center, located at 140 W. Nittany Avenue, State College, is the local rape crisis and domestic violence center. Trained volunteers provide crisis intervention for victims of rape and relationship violence on their 24-hour hotline. They also operate a shelter for women who are currently in abusive relationships and need safe housing temporarily.

HOSPITAL FACILITIES

- **Mount Nittany Medical Center Emergency Department** (814-234-6110)
Located at 1800 East Park Ave., State College, the emergency department can provide immediate care for severe crises such as drug or alcohol overdoses or serious suicidal thoughts. Students may call 911 for ambulance service to the hospital.
- **The Meadows Psychiatric Center** (1-800-641-7529)
The Meadows is a private hospital 10 miles from State College and provides free consultations on their 24- hour Mental Health Crisis Line.

PSU PEER COUNSELORS

- **Lion Support** (814-863-2020)
Trained Penn State undergraduate students are available to assist with common college-related problems, such as roommate difficulties, relationship break-ups, loneliness, and academic stress. These peer counselors are available on campus by phone from 5:00 p.m. to 8:00 a.m. or in-person from 5:00 p.m. to midnight in room 215 HUB.