

Crisis Resources - State College, PA

**EMERGENCY
911**

Mt Nittany Medical Centre ER

(814) 234-6110

Mental Health Crisis

PSU CAPS

1-800- 643-5432

Centre County Can Help

(The Meadows)

1-800-643-5432

24hr Suicide Helplines

National:

1-800-273-TALK (8255)

Centre County:

1-800-643-5432

Counseling Services

**CAPS - Penn State's Counseling and Psychological Services
221 Ritenour Building Ph: 814-8630395**

CAPS provides free services to students. Interaction tends to be short-term but each student is assessed on basis of need.

Caps is also willing to give advice regarding how to handle situations you feel are out of your depth. They can't tell you if someone has been seeing them, however, a student can sign a release that allows you to communicate with them. They are highly supportive of student' faith and are happy to work in conjunction with spiritual advisers with the appropriate release forms. There are counsellors at CAPS that identify as being Christian, however, CAPS prefers to match students and counselors according the the counsellors area of expertise and ensure that ALL counselors are supportive of whatever faith stance the student expresses. Students often have a 6 week waiting period for counseling, however, in the event of suicidality, there is **no** waiting period. Students in crisis can generally be seen same-day.

CAPS also has a 24 hr sexual assault hotline for observers and victims of sexual assault:
1-800-550-7575 (TTY 866-714-7177)

Bec Shepski has had contact with and is known by two counselors at CAPS - Maggie Doby, and Mary-anne Knapp.

Sunpointe

http://www.forabrighterfuture.com/therapists/therapist_index.shtml

p: (814) 867-0670

Sunpointe has their own psychiatrists and highly experienced counselors who tend to have a higher degree of familiarity working with people with significant clinical mental health issues. They would be my first recommendation for anyone suffering from psychosis, debilitating degrees of Anxiety/Depression, or OCD.

Sunpointe also has a Christian psychiatrist that comes highly recommended by the name of Dr Lynette Turay.

Individual Christian Counsellors:

Grace Connections

Melanie Harding, M.Ed, NCC

Very experienced, particularly in family and relationship counseling.

1100 E. Boal Avenue, Boalsburg, PA 16827

Tel: 814.466.2073

LambsCrossing Counseling

Sharon Schott, LPC, CRC

Takes university insurance.

1100 E. Boal Avenue, Boalsburg, PA 16827

Tel: 814-531-5262

hope@lambscrossing.com

Shane Landherr, MFT

221 W. High Street, Suite 1000 Bellefonte, PA, 16823

Tel: 814-531-5659

shanelandherr@gmail.com

centremft.com

Psychological Associates

Karl Bartsch, Ph.D

1315 S. Allen Street, State College, PA 16801

Tel: 814-234-4287

www.psychassociates.ws/

Biblical Counseling

Sandy Kline

State College, PA

Tel: 814-278-1299

Transformation Counseling LLC

Tim Evans, M.Div, M.S., LPC, CAC DP, NCC, NCACII, CAADC

1221 West Whitehall Road, State College, PA 16801

Tel: 972-757-HOPE (4673)

Fax: 814-237-2777

transformationcoun@gmail.com

Whispering Hope Counseling Service

Heather Heiss, NCC

330 North Vesper Street, Suite 100, Lock Haven, PA 17745

Tel: 814-571-5023

Through The Mill Counseling Service

2 christian counselors (Sarah, Julia) Lewisburg based.

Happy to do Skype appointments.

72 Campbell Mill Road

Lewisburg, PA 17837

Phone: 570-523-3031

Fax: 570-523-3032

<http://throughthemillcounseling.com/>

University Contacts

Joe Puzycki

Assistant Vice President for Student Affairs

Phone: (814) 863-4926

Crisis Line: (814) 863-2020

jqp1@sa.psu.edu

Behavioral Threat Management Team

<http://btmt.psu.edu/>

Group specifically designed to assess report of potential harm. eg. Inappropriate behavior (stalking, harassment, threats). Can be anonymous. 24/7 Includes students AND staff of the university.

Child Abuse Reporting

Policy: <http://guru.psu.edu/policies/AD39.html>

Training: Employees and anyone with an active Penn State Access Account (WebAccess) can access the training through psuohrlearning.skillport.com

Volunteers and individuals who do not have an Access Account can register for an account and access the training through ohr.psu.edu/learning/online/volunteers/

If a student discloses any abuse that happened to themselves or someone they know and the victim was under 18 years of age at the time of the abuse, it is necessary to report the abuse IF there is ANY kind of identifying information eg. Where the abuse happened, who the offender was, when the abuse took place. You do not need ALL of this information, but if you have any of this information, you are required to report it. If you are not sure if you are required to report a case of known abuse, you can call the University compliance hotline for advice. Details below.

Clery

<http://www.police.psu.edu/clery/>

University staff have a responsibility to report certain kinds of crimes that occur on campus. The Clery policy outlines this responsibility. If you are not sure whether or not to report something, you can get advice from Gabe Gates:

Gabe Gates
Clery Compliance Manager
grg125@psu.edu
814 863 7459

University Compliance Hotline Resident Life (contact details below) and campus police

<http://www.mycompliancereport.com/brand/psu>

Phone

1-800-560-1637

If you're not sure if you should report it or where you should report something to you can call this line for direction.

Resident Life (contact details below) and campus police (814) 863-1111 can do a 'welfare check' on any student that lives in residence hall if you have concerns eg. you and the friends of the student you are concerned about have been unable to contact them or a student has been experiencing suicidal thoughts or thoughts of harming others and you can't find them/contact them.

Resident Life can also provide ongoing support to any student who is struggling.

Diane L Andrews
Senior Director Residence Life
201 Johnston Commons
The Pennsylvania State University
814-863-1710

For individual residence contacts see:

<http://studentaffairs.psu.edu/reslife/contacts.shtml>

Legal Services

Judicial Affairs
135 Boucke Building
Provides legal advise to students re: criminal matters

Emergency Housing

Centre House
Emergency Housing Program
P: 814-237-5508

Domestic Violence and Sexual Abuse

Centre County
Women's resource centre
(Domestic, sexual
abuse support)
P: 814-234-5050

Emergency Food

<http://centrecountypa.gov/DocumentCenter/View/1100>

List of State College food banks with contact and access information.