

Crisis Resources - State College, PA

EMERGENCY

911

Mt Nittany Medical Centre ER

(814) 234-6110

Mental Health Crisis

PSU CAPS

(814) 863-0395

Centre County Can Help

(The Meadows)

800-641-7529

24hr Suicide Helplines

National:

988

Call - Text - Chat

988lifeline.org

Centre County:

1-800-643-5432

Counseling Services

CAPS - Penn State's Counseling and Psychological Services

Main Office

501 Student Health Center

University Park, PA 16802

(814) 863-0395

CAPS provides free services to students.

Caps is also willing to give advice regarding how to handle situations you feel are out of your depth. There are counselors at CAPS that identify as being Christian, however, CAPS prefers to match students and counselors according to the counselors 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

Sunpointe

<https://sunpointehealth.com/>

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 also offer TMS therapy.

p: **(814) 867-0670**

Individual Christian Counsellors:

Verus Ridge Counseling

Veronica Clapp

215 N. Beech St. Burnham, PA 17009 (Virtual counseling available)

(717) 899-0104

Veronica has been working in the counseling field since 2012. She specializes in helping people with Obsessive Compulsive Disorder, Post-traumatic Stress Disorder, anxiety and panic. In addition, Veronica offers faith-based counseling.

Grace Connections

Melanie Harding, M.Ed, NCC

Grace Connections

PO Box 775

201 Harvest Fields Drive

Boalsburg, PA 16827

(814) 299-4947

Breakwater Counselling

Sally Best

Breakwater Counseling Services

315 S Allen Street

Suite 323

State College, PA 16801

(814) 272-0920

Specialises in grief counselling and divorce but also does a wide range of areas including anxiety and depression. Practices CBT (particularly good for depression and anxiety).

University Contacts

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>

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, Campus Police, and Resident Life

https://cm.maxient.com/reportingform.php?PennState&layout_id=64

This link will send you to a form to anonymously report suspected wrongful conduct of students, staff, or faculty.

If you're not sure if you should report, call the campus police for direction at this number:

814-863-1111.

Resident Life can do a 'welfare check' on any student that lives in residence hall if you have concerns; for example, if you have been unable to contact a student 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.

Mark Rameker

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

Legal Services

Student Legal Services provides advice, referrals, document drafting, and other legal services to University Park and Commonwealth Campus students facing personal legal issues. They also provide free notary services for Penn State students.

Student Legal Services

<https://studentaffairs.psu.edu/legalservices>

204 East Calder Way, Suite 200
State College, PA 16801
814-867-4388

Emergency Housing

Housing Transitions

<https://www.housingtransitions.org/>

Emergency Housing Program

217 East Nittany Avenue

State College, PA 16801

P: **814-237-5508 (24 hour hotline)**

Office: **814-237-4863**

Domestic Violence and Sexual Abuse

Centre Safe

<https://www.centresafe.org/>

(Domestic, sexual
abuse support)

140 W. Nittany Avenue, State College, PA 16801

P: **814-234-5050 (24 hour hotline)**

Emergency Food

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

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

Pregnancy

Pregnancy Resource Clinic

423 South Pugh Street

State College, PA 16801

Helpline: **814-234-7340**

Office: **814-234-7341**

Office Hours

- Monday-Thursday: 9 am - 3 pm
- Thursday Evening: 5 pm - 8 pm
- Friday: 9 am - Noon

Last updated August 2025