



## **THE HERR CLINIC – CRISIS RESOURCES**

Students who are experiencing a psychological or emotional crisis often need immediate help and intervention. Some examples 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 in the State College, PA area.  
If you are outside of the State College, PA area, call 911 or go to your closest emergency room.**

### **Center for Counseling and Psychological Services (CAPS)**

**814-863-0395**

CAPS provides crisis intervention services during the hours of 8:00am to 5:00pm, Monday through Friday. Call or come to the CAPS office (501 Student Health Center) and **MAKE IT CLEAR YOU ARE A HERR CLINIC CLIENT WHO IS IN CRISIS**. Every effort will be made to respond as soon as possible.

### **Center for Community Resources**

**1-800-643-5432**

If in crisis after 5:00pm or on weekends, please call this 24-hour hotline operated by trained individuals that can assist you during your crisis. This service is open to all Centre County residents, including students. A mobile team is available when needed. You can also visit their walk-in center at 2100 East College Avenue, Suite A, State College, PA 16801.

### **Penn State Crisis Line**

**1-877-229-6400 or text “Lions” to 74174**

This 24-hour hotline is available to all Penn State students.

### **Mt. Nittany Medical Center Emergency Department**

**814-234-6110**

Located at 1800 East Park Ave., State College, PA, the emergency department can provide immediate care for severe crisis such as drug or alcohol overdoses or serious suicidal or homicidal thoughts or urgent problems with psychiatric medications. Students may call 911 for ambulance service to the hospital.

Alcohol poisoning is a medical emergency. Critical signs include mental confusion, stupor, or coma; vomiting; seizures; slow breathing, irregular breathing; hypothermia (low body temperature); bluish skin color, paleness.

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 emergency department.

## **Domestic/Relationship Violence and Sexual Assault Services**

### **Centre Safe**

**814-234-5050**

The center, located at 140 W. Nittany Ave., State College, PA, is the local rape crisis and relationship 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.

## **Psychiatric Hospital Facilities**

### **Mount Nittany Medical Center**

**814-234-6110**

There is a mental health unit at the hospital; admission is through the Emergency Department.

### **The Meadows Psychiatric Center**

**1-800-641-7529**

The Meadows is a private hospital for in-patient treatment; it is located 8 miles from State College.

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

- Go to the Mt. Nittany Medical Center Emergency Department (or your local emergency room).
- Call 911 or 1-800-643-5432 (the Center for Community Resources 24-hour crisis line) or your local crisis line.
- Please do not contact your counselor via e-mail for crisis counseling. E-mail is not confidential and is not an appropriate system for personal counseling. We will be unable to respond to crisis appointment requests via e-mail.