

Mental Health Resources

NATIONAL 24-HOUR CRISIS RESOURCES

- 📞 **Suicide Prevention Lifeline:** Call, text, or chat 988 or 1 (800) 273-TALK (8255) to connect with specialists in your area code
- 📞 **Veterans Crisis Line:** Dial the above number and press 1
- 📞 **The Trevor Project:** LGBT+ Crisis Call Line at 866-488-7386
- 📞 **Crisis Text Line:** Text "HOME" to 741-741

LOCAL 24-HOUR CRISIS RESOURCES

- 📞 **Penn State Crisis Line:** 877-229-6400
- 📞 **Crisis Text Line:** Text "LIONS" to 741741
- 📞 **UPMC Altoona Community Crisis Center:** 814-889-2141

CAMPUS RESOURCES

- 📞 **CAPS (Counseling and Psychological Services):** 814-949-5540

HERE'S HOW YOU CAN HELP:

- 📞 **Share** your concern if you're worried about someone and let them share. Hearing you care shares hope.
- 📞 **Ask** about suicide directly if you notice signs. Asking cannot put the idea into someone's head and shows you care.
- 📞 **Support** them by listening non-judgmentally, connecting them to resources, and staying in contact



Mental Health Resources

NATIONAL 24-HOUR CRISIS RESOURCES

- 📞 **Suicide Prevention Lifeline:** Call, text, or chat 988 or 1 (800) 273-TALK (8255) to connect with specialists in your area code
- 📞 **Veterans Crisis Line:** Dial the above number and press 1
- 📞 **The Trevor Project:** LGBT+ Crisis Call Line at 866-488-7386
- 📞 **Crisis Text Line:** Text "HOME" to 741-741

LOCAL 24-HOUR CRISIS RESOURCES

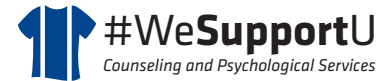
- 📞 **Penn State Crisis Line:** 877-229-6400
- 📞 **Crisis Text Line:** Text "LIONS" to 741741
- 📞 **UPMC Altoona Community Crisis Center:** 814-889-2141

CAMPUS RESOURCES

- 📞 **CAPS (Counseling and Psychological Services):** 814-949-5540

HERE'S HOW YOU CAN HELP:

- 📞 **Share** your concern if you're worried about someone and let them share. Hearing you care shares hope.
- 📞 **Ask** about suicide directly if you notice signs. Asking cannot put the idea into someone's head and shows you care.
- 📞 **Support** them by listening non-judgmentally, connecting them to resources, and staying in contact



Mental Health Resources

NATIONAL 24-HOUR CRISIS RESOURCES

- 📞 **Suicide Prevention Lifeline:** Call, text, or chat 988 or 1 (800) 273-TALK (8255) to connect with specialists in your area code
- 📞 **Veterans Crisis Line:** Dial the above number and press 1
- 📞 **The Trevor Project:** LGBT+ Crisis Call Line at 866-488-7386
- 📞 **Crisis Text Line:** Text "HOME" to 741-741

LOCAL 24-HOUR CRISIS RESOURCES

- 📞 **Penn State Crisis Line:** 877-229-6400
- 📞 **Crisis Text Line:** Text "LIONS" to 741741
- 📞 **UPMC Altoona Community Crisis Center:** 814-889-2141

CAMPUS RESOURCES

- 📞 **CAPS (Counseling and Psychological Services):** 814-949-5540

HERE'S HOW YOU CAN HELP:

- 📞 **Share** your concern if you're worried about someone and let them share. Hearing you care shares hope.
- 📞 **Ask** about suicide directly if you notice signs. Asking cannot put the idea into someone's head and shows you care.
- 📞 **Support** them by listening non-judgmentally, connecting them to resources, and staying in contact



Mental Health Resources

NATIONAL 24-HOUR CRISIS RESOURCES

- 📞 **Suicide Prevention Lifeline:** Call, text, or chat 988 or 1 (800) 273-TALK (8255) to connect with specialists in your area code
- 📞 **Veterans Crisis Line:** Dial the above number and press 1
- 📞 **The Trevor Project:** LGBT+ Crisis Call Line at 866-488-7386
- 📞 **Crisis Text Line:** Text "HOME" to 741-741

LOCAL 24-HOUR CRISIS RESOURCES

- 📞 **Penn State Crisis Line:** 877-229-6400
- 📞 **Crisis Text Line:** Text "LIONS" to 741741
- 📞 **UPMC Altoona Community Crisis Center:** 814-889-2141

CAMPUS RESOURCES

- 📞 **CAPS (Counseling and Psychological Services):** 814-949-5540

HERE'S HOW YOU CAN HELP:

- 📞 **Share** your concern if you're worried about someone and let them share. Hearing you care shares hope.
- 📞 **Ask** about suicide directly if you notice signs. Asking cannot put the idea into someone's head and shows you care.
- 📞 **Support** them by listening non-judgmentally, connecting them to resources, and staying in contact

