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

#WeSupportU Counseling and Psychological Services

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