

Resources for LGBTQ Students in Crisis



Organization	Contact	Type	Services
University Police	814-863-1111 (Univ. Police) 911 (Centre Co.)	Campus	<ul style="list-style-type: none"> • Call if someone is an imminent threat of harm to self or others • Safe Walk Service (814-865-WALK) • Victim Resource Officer, 814-863-0823
Counseling and Psychological Services (CAPS)	814-863-0395 (9-5PM, M-F)	Campus	<ul style="list-style-type: none"> • Call main line and immediately indicate psychological emergency • Afterhours emergencies directed to Mount Nittany ER or Centre County Can Help Line
Penn State Crisis Line	(877) 229-6400	Campus	<ul style="list-style-type: none"> • Immediate assistance on campus
National Crisis TextLine.org	Text LIONS to 741741	National/ Campus	<ul style="list-style-type: none"> •
Mount Nittany Medical Center	814-234-6110 911 (ambulance)	Local	<ul style="list-style-type: none"> • Emergency room services, including psychological emergencies
Centre County Can Help Line	1-800-643-5432	Local	<ul style="list-style-type: none"> • 24/7 crisis consultation and referral • Mobile crisis counselors can be dispatched in an emergency
Centre County Women's Resource Center	814-234-5050	Local	<ul style="list-style-type: none"> • 24/7 hotline for victims of sexual assault, stalking, and domestic violence
Community Help Centre	814-235-4650 LGBTQ Switchboard 814-237-5855 Main Line	Local	<ul style="list-style-type: none"> • 24/7 crisis hotline • Counselors available M-F 9AM-6PM @ 410 South Fraser Street • Emergency food bank
Trevor Lifeline	866-488-7386	National	<ul style="list-style-type: none"> • 24/7 crisis hotline for LGBTQ youth ages 24 and under
Trans Lifeline	877-565-8860	National	<ul style="list-style-type: none"> • 24/7 hotline run by transgender people with a primary goal of preventing self-harm and counseling on identity issues

Suicide Prevention Hotline	1-800-273-8255	National	<ul style="list-style-type: none"> • 24/7 suicide prevention hotline
National Sexual Assault Hotline	1-800-656-4673	National	<ul style="list-style-type: none"> • 24/7 Support for sexual assault victims • Referral to local resources
GLBT National Hotline (non-crisis peer counseling)	1-888-843-4564	National	<ul style="list-style-type: none"> • Peer counseling regarding coming out, safe confusion, bullying, etc. (Not for psychological risk of self-harm)