



IF YOU ARE EXPERIENCING A LIFE-THREATENING EMERGENCY PLEASE CALL 9-1-1

Bloomsburg University

Tapline Local Crisis (24/7): **1-800-222-9016**

Columbia, Montour, Snyder Union Services (CMSU): <https://www.cmsu.org/mentalhealth.htm>

BU Police Department: **570-389-2211**

Bloomsburg Student Counseling Center (M-F 9a-5p): **570-389-4255**

Lock Haven University

Clinton County Crisis Line: **570-748-2262**

Mental Health Peer Led Support Group (Lock Haven Hospital): **570-753-3821**

LHU Campus Police: **(570) 484-2278**

Lock Haven Student Counseling Services (M-F 8a-4p): **570-484-2479**

Mansfield University

Tioga County Crisis Line: **1-877-724-7142**

Mansfield Campus Police: **570-662-4900**

Mansfield Counseling Center (M-F 8:15a-4:30p): **570-662-4436**

**** Be sure to check out your university's student counseling center website for current group counseling opportunities and other supports and services ****

National & State-Wide Crisis Resources

National Suicide Prevention Hotline: **1-800-273-TALK**

Crisis Text Line: **Text GO to 741-741**

Emergency Essential Community Services: **2-1-1** or

visit <https://www.pa211.org/get-help/mental-health/talklines-warmlines/>



**** Take out your phone and add these numbers to your contacts. You never know when you or someone you know may need them! ****