COMMONWEALTH UNIVERSITY-LOCK HAVEN CAMPUS OFF-CAMPUS REFERRAL RESOURCES

Clinton/Lycoming Counties 24/7 Crisis
Center for Community Resources
Call 844-707-3224, Text #63288 or Chat: ccrinfo.org

24/7 National Resources

•Talkspace: Psychiatric / medication evaluations

www.talkspace.com

•Better Help

www.betterhelp.com

Psychology Today

https://www.psychologytoday.com

GrowTherapy

https://growtherapy.com

The National Suicide and Crisis Lifeline is now 988. It is free and available 24/7. You can call for help for yourself or for someone else.

PHONE or TEXT: 988 ONLINE CHAT: https://988lifeline.org/chat/

https://988lifeline.org/

The **JED Foundation** has services particularly for teens and young adults, including college students. They have a text lifeline and an excellent website.

TEXT: Text HOME to 741741 https://www.jedfoundation.org/

The Trevor Project is especially for LGBTQ youth (including college students). Includes a hotline, text services, confidential online chat with counselor, and a great website.

PHONE: 1-866-488-7386 (toll-free) TEXT: 678678

ONLINE CHAT: https://www.thetrevorproject.org/get-help/

https://thetrevorproject.org

The **Trans Lifeline** is a trans-person-led crisis line and excellent website. PHONE: 1-877-565-8860 WEBSITE: https://translifeline.org/

The **Veteran's Crisis Line** offers phone services, text services, confidential online chat, and tons of online resources specifically for veterans.

PHONE: 988, then press 1 TEXT: 838255

ONLINE CHAT: https://www.veteranscrisisline.net/get-help/chat

WEBSITE: https://www.veteranscrisisline.net/

OUTPATIENT PSYCHIATRY (MEDICATION) AND THERAPY SERVICES

Oasis Lifecare, State College, PA

814-237-0001

1951 Pine Hall Road, State College ,PA 16801

https://www.oasislifecarellc.com/

Medication Management, Therapy, and Testing

Vital Healthcare Solutions, Reading, PA

Tele-Medicine

814-505-7060

2345 Lancaster Pike, 1st Floor, Reading, PA 19607

https://www.vital.healthcaresolutions.net

Medication Management and Therapy Services

CenClear: Bellefonte, Clearfield, Philipsburg, and other areas in PA

814-359-7999

Willowbank Road, Bellefonte, PA 16823

https://www.cenclear.org/

Medication Management and Therapy Services

Community Services Group: Mill Hall and Williamsport, PA

877-907-7970

https://csgonline.org/

Medication Management and Therapy Services

SunPointe Health: State College, PA

814-867-0670

320 Rolling Ridge Drive; Suit 100, State College, PA 18601

https://www.sunpointehealth.com/

Medication Management, Therapy Services, and Testing

Crossroads Counseling: Lock Haven, Bellefonte, State College, Williamsport, and other areas in PA

570-893-1886

8 North Grove Street, Suite 4, Lock Haven, PA

https://www.crossroadscounselinginc.com/

Medication Management (at specific locations), and Therapy Services

Linn Mental Health and Wellness: Williamsport, PA

570-506-4449

705 Washington Blvd, Suite 100, Williamsport, PA 17701

http://www.linnmentalhealthandwellness.com/

Medication Management

Still Waters Mental Health Services: Clearfield, PA

814-205-4025

216 North 2nd Street, Clearfield, PA, 16830

https://stillwatersmh.com/mental-health/

Medication Management

Guiding Light Health: State College, PA

814-753-4422

1315 South Allen Street #104, State College, PA 16801

https://guidinglighthealth.com/

Medication Management

THERAPY SERVICES IN LOCK HAVEN AND SURROUNDING AREAS

Keystone Counseling and Evaluation Services: Lock Haven, PA

570-748-7173

120 S. Highland Street, Lock Haven, PA 17745

http://www.keystonecounsel.com/

Therapy Services

Overcomer Medical Clinic: Lock Haven PA

570-858-5720

112 West Main Street, Lock Haven, PA 17745

https://www.overcomermedicalclinic.com/

Therapy Services

Grace Upon Grace: Lock Haven, PA

570-865-1911

First Baptist Church

210 North Vesper Street, Lock Haven, PA 17745

Email: graceupongraceservices@gmail.com

Therapy Services

A Place for Change: Individual & Couples Counseling: Mill Hall, PA 570-295-2581

216 Main Street, Mill Hall, PA

Therapy Services

Pine Creek Valley Wellness Center, Avis, PA

Individual Providers with personal emails and phone numbers 302 West Central Avenue, Avis, PA

https://pcvwc.com/

Therapy Services and Medication Management

Before & After Counseling: Individual & Couples Counseling, Jersey Shore, PA

570 502-5989

701 Allegheny Street, Jersey Shore, PA 17740

http://www.beforeandaftercounseling.com/

Therapy Services

Central Keystone Counseling: Williamsport, PA

570-641-4788

49 East 4th Street, Williamsport, PA 17701

info@centralkeystonecounseling.com

Therapy Services

Radiance Wellness Group: Williamsport, PA

570-601-4325

1341 West Third Street

Williamsport, PA 17701

https://www.radiance-wellness.org/

Therapy Services

Pine Run Mental Health and Wellness: Williamsport, PA

570-215-9565

https://pinerunmentalhealthandwellness.com

Therapy Services

Susquehanna Behavioral Health (UPMC): Williamsport, PA

(570) 320-7525

https://www.susquehannahealth.org/services/behavioral-health-services

Therapy Services

River Valley Health: Lock Haven and Williamsport

Assists with mental health needs and coordinates psychiatry and therapy referrals

570-567-5400

471 Hepburn St., Williamsport, PA 17701

https://rivervalleyhealthanddental.org/behavioral-health/

Medication Management

Bright Horizons Outpatient Center/Penn Highlands Healthcare: Clearfield, DuBois, Brookville, and Connellsville

814-768-2137

1033 Turnpike Avenue, Clearfield, PA 16830

https://www.phhealthcare.org/service/adult-behavioral-health

Therapy Services and Inpatient Services

Move Forward Counseling: State College and other areas in PA

717-462-7003

3091 Enterprise Drive, State College, PA 16801

https://moveforwardpa.com

Therapy Services

Forward Path Counseling: State College PA

814-531-5659

253 Easterly Parkway

State College, PA 16801

https://forwardpathcounseling.com

Therapy Services

A Journey To You: State College, PA

814-325-0280

1200 West College Avenue, State College, PA

https://ajourneytoyou.com

Therapy Services

Kove Counseling: State College, PA

412-689-5804

State College, PA

https://www.kovecounseling.com/

Therapy Services

Willow Springs Counseling, LLC, Bellefonte, PA

814-470-4182

111 South Spring Street, Bellefonte, PA 16823

https://willowspringscounselingllc.com/

Therapy Services

PSYCHIATRIC INPATIENT HOSPITALIZATION OPTIONS

The Meadows

814-364-2161

132 The Meadows Drive, Centre Hall, PA 16828

https://themeadows.net/

Susquehanna Behavioral Health (UPMC)

570-979-4293

1100 Grampian Blvd., Williamsport, PA 17701

https://www.upmc.com/locations/hospitals/williamsport/services/behavioral-health

Penn Highlands Healthcare

814-371-2200

100 Hospital Ave., DuBois, PA 15801

https://www.phhealthcare.org/service/adult-behavioral-health

White Deer Run (Inpatient & Outpatient Drug/Alcohol), also other locations

570-980-2475

360 White Deer Run Road, Allenwood, PA 17810

https://www.whitedeerrun.com/

Clarion Psychiatric Center

800-253-4906

2 Hospital Dr., Clarion, PA 16214

https://clarioncenter.com/

PSYCHOLOGICAL TESTING

Heartwood Independent Practitioners: State College

814-208-9248

474 Windmere Drive, State College, PA

https://www.heartwoodip.com/

Therapy Services and Testing

Centre Psychology Group, State College, PA

814-231-8820

1993 Cato Avenue, State College 16801

http://www.centrepsychology.com/

Therapy Services and Testing

Office of Vocational Rehabilitation 570-327-3600

The Grit Building, Suite 102, 208 W. 3rd Street, Williamsport, PA 17701 https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx

ESSENTIAL LOCAL RESOURCES (i.e., Housing or Food Uncertainty)

https://www.211.org/

LOCAL DOMESTIC VIOLENCE / RAPE SUPPORT: Lock Haven, PA

570-748-9509 Roads to Peace 34 West Main Street, Lock Haven, PA https://www.roadstopeace.org/