



COMMONWEALTH UNIVERSITY OF PENNSYLVANIA

MENTAL HEALTH & CRISIS RESOURCES / CU Counseling Services

Free services available to currently enrolled students | Mon – Fri 8 am – 4 pm | Fall & Spring
Summer & Winter hours may vary

Counseling@commonwealthu.edu

<https://www.commonwealthu.edu/offices-directory/counseling-center>

After hours / Weekend / Crisis

TAPline | 1-800-222-9016

Suicide & Crisis Lifeline:

Call or Text **988** or chat online

<https://988lifeline.org/chat/>

<https://988lifeline.org/>

Campus Police

BL | 570-389-2211

LH | 570-484-2278

MA | 570-662-4900

The JED Foundation | Services particularly for teens and young adults, including college students.

<https://www.jedfoundation.org/>

Text HOME to 741741

The Steve Fund | The nation's leading organization focused on supporting the mental health and emotional well-being of young people of color.

<https://stevefund.org/>

Text STEVE to 741741

The Trevor Project | LGBTQ youth (including college students).

<https://thetrevorproject.org>

Call 1-866-488-7386 (toll-free)

Text 678678

Chat online:

<https://www.thetrevorproject.org/get-help/>

The Trans Lifeline | Trans-person-led crisis line and excellent website.

Call 1-877-565-8860

<https://translifeline.org/>

Veteran's Crisis Line | Phone services, text services, confidential online chat, and tons of online resources specifically for veterans.

<https://www.veteranscrisisline.net/>

Call 988, then press 1

Text 838255

Chat online:

<https://www.veteranscrisisline.net/get-help/chat>