

## OFF-CAMPUS REFERRAL RESOURCES: CUPA – Lock Haven - Counseling Services

### ONLINE COUNSELING

These online resources have been well-reviewed. They are national and can help students connect with a provider within their state. Both offer psychotherapeutic help through phone, video, or chat. They both accept insurance.

- Talkspace offers individual / couples therapy and psychiatric / medication evaluations
  - [www.talkspace.com](http://www.talkspace.com)
- Better Help offers individual and couples psychotherapy
  - [www.betterhelp.com](http://www.betterhelp.com)
- Cerebral Mental Health– helps treat anxiety, depression, insomnia
  - [www.cerebral.com](http://www.cerebral.com)

The **National Suicide Prevention 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  
<https://988lifeline.org/>

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

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/>

- Vital Healthcare Solutions – behavioral health, endocrinology, physical medicine and rehab services
  - 814-505-7060
  - <https://vitalhealthcaresolutions.net/>
- Oasis – psychiatric medication management
  - 814-237-0001
  - <https://www.oasislifecarellc.com/>

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- Elyse Lubell – specializes in ADHD, autism, depression
  - 610-557-8731
  - <https://www.psychologytoday.com/us/therapists/elyse-lubell-allentown-pa/311982>
- Christina Pettinato – specializes in autism, anxiety, depression
  - 412-567-0751
  - <https://www.psychologytoday.com/us/therapists/christina-pettinato-wexford-pa/378740>

## **REFERRALS FOR MEDICATION EVALUATIONS**

### **Multiple Locations**

- CenClear: Psychiatric care, psychotherapy, drug & alcohol. Offices in Bellefonte, Clearfield, Port Matilda, and other areas in PA.
  - 3208 Benner Pike; Suite 9, Bellefonte, PA 16823
  - <https://www.cenclear.org/>
- Community Services Group: Psychiatrist / psychiatric nurse-practitioner; also outpatient services & partial hospitalization. Locations also in State College, Williamsport, Bloomsburg, and other areas of PA.
  - 7930 Nittany Valley Drive, Mill Hall, PA 17751
  - (877) 907-7970
  - <https://csgonline.org/>
- Crossroads Counseling: Psychiatric evaluation (must be in treatment at Crossroads as opposed to psychiatric care only). Also located in State College, Williamsport, Bloomsburg, and other areas of PA.
  - 8 North Grove Street, Suite 4, Lock Haven
  - (570) 893-1886
  - <http://www.crossroadscounselinginc.com/>

### **Lock Haven Area**

- Keystone Counseling: Outpatient psychotherapy services. *Psychiatrist not currently available (8/22); ADHD testing not currently available (8/22)*
  - <http://www.keystonecounsel.com/>
  - 120 S. Highland Street, Lock Haven, PA 17745
  - (570) 748-7173
  - [Keystone\\_counsel@comcast.net](mailto:Keystone_counsel@comcast.net)
- Family Medicine at Lock Haven (UPMC): PCP services; Can ask for eval for psychiatric meds or ask PCP to refer to and work with Susquehanna Behavioral Health
  - [https://www.upmc.com/locations/outpatient/north-central-pa/lock-haven/high-st?utm\\_source=google&utm\\_campaign=business-profile&utm\\_content=familymedicine-lockhaven-website](https://www.upmc.com/locations/outpatient/north-central-pa/lock-haven/high-st?utm_source=google&utm_campaign=business-profile&utm_content=familymedicine-lockhaven-website)
  - 610 High Street, Lock Haven, PA 17745
  - (570) 748-1250
- Family Practice Center: PCP services; Can ask for eval for psychiatric meds or ask PCP to refer to and work with Susquehanna Behavioral Health

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- For individual therapy, waitlist is about 8 months, for psychiatry can be seen about 2 weeks after intake and then after that 6 weeks
- <https://www.fpcdoctors.com>
- 529 High Street, Lock Haven, PA 17745
- (570) 858-5622
- River Valley Health: assists mental health needs and coordinates psychiatry and therapy referrals, provides walk in visits for acute needs or crisis
  - 124 E. Walnut St; Suite 2, Lock Haven, PA 17745
  - 570-567-5400
  - <https://rivervalleyhealthanddental.org/behavioral-health/>

#### **Williamsport Area**

- Susquehanna Behavioral Health (UPMC): Inpatient, outpatient, psychiatrist, psychiatric nurse-practitioners, psychological assessment. *They will want to work with your primary care physician, so if you don't have one, start with Family Medicine at Lock Haven, Family Practice Center, or another medical practice.*
  - <https://www.susquehannahealth.org/services/behavioral-health-services>
  - (570) 320-7525
- River Valley Health: assists mental health needs and coordinates psychiatry and therapy referrals, provides walk in visits for acute needs or crisis
  - 471 Hepburn St., Williamsport, PA 17701
  - 570-567-5400
  - <https://rivervalleyhealthanddental.org/behavioral-health/>

#### **Clearfield Area**

- Bright Horizons Outpatient Center, Penn Highlands Healthcare: Outpatient therapy, psychiatrist, psychological assessment
  - <https://www.phhealthcare.org/location/specialty-care-services/bright-horizons-outpatient-center-clearfield-447>
  - (814) 768-2137
- Still Waters Mental Health Services: Psychiatric nurse practitioner, outpatient therapy, Christian counseling
  - <https://stillwatersmh.com/>
  - (814) 205-4025
  - 216 North 2nd Street, Suite 5, Clearfield, PA, 16830

#### **State College Area**

- Guiding Light Health
  - <http://guidinglighthealth.com/>
  - (814) 753-4422
  - 1315 South Allen Street #104, State College, PA 16801
- SunPointe Health: psychiatric care and other medical care
  - <http://www.sunpointehealth.com/>
  - (814) 867-0670
  - 320 Rolling Ridge Drive; Suit 100, State College, PA 18601

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- Hershey Medical, Windmere Centre: Shari A. Schrack, nurse practitioner
  - <http://www.pennstatehershey.org/>
  - (814) 689-4980
  - 476 Rolling Ridge Dr #101, State College, PA 16801

## **PSYCHIATRIC HOSPITALIZATION OPTIONS**

- The Meadows
  - 132 The Meadows Drive, Centre Hall, PA 16828
  - 814-364-2161
  - <https://themeadows.net/>
- Susquehanna Behavioral Health (UPMC)
  - 1100 Grampian Blvd., Williamsport, PA 17701
  - 570-320-7525
  - <https://www.upmc.com/services/behavioral-health-regions/north-central-pa>
- Penn Highlands Healthcare
  - 100 Hospital Ave., DuBois, PA 15801
  - 814-371-2200
  - <https://www.phhealthcare.org/service/adult-behavioral-health>
- White Deer Run (Inpatient & Outpatient Drug/Alcohol), also other locations
  - 360 White Deer Run Road, Allenwood, PA 17810
  - 570-980-2475
  - <https://www.whitedeerrun.com/>
- Clarion Psychiatric Center
  - 2 Hospital Dr., Clarion, PA 16214
  - 800-253-4906
  - <https://clarioncenter.com/>

## **PSYCHOLOGICAL TESTING**

- Heartwood Independent Practitioners, State College: ADHD testing, learning disability testing
  - <https://www.heartwoodip.com/>
  - (814) 208-9248
- Centre Psychology Group, State College: ADHD testing, bariatric assessment, other testing
  - Waitlist for ADHD can be until March 2024 or August 2024 depending on the Dr.
  - <http://www.centrepyschology.com/>
  - 814-231-8820
- Office of Vocational Rehabilitation
  - The Grit Building, Suite 102, 208 W. 3rd Street, Williamsport, PA 17701
  - 570-327-3600
  - <https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx>

## **OUTPATIENT PSYCHOTHERAPY**

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- Keystone Counseling: Outpatient psychotherapy services. Several therapists; Many insurances taken.
  - <http://www.keystonecounsel.com/>
  - 120 S. Highland Street, Lock Haven, PA 17745
  - (570) 748-7173
  - [Keystone\\_counsel@comcast.net](mailto:Keystone_counsel@comcast.net)
- Community Services Group: Services for persons who are uninsured / low income.
  - 7930 Nittany Valley Drive, Mill Hall, PA 17751
  - [\(877\) 907-7970](tel:(877)907-7970)
  - <https://csgonline.org/csg-mill-hall/>
- Lycoming-Clinton Joinder Assessment Unit: Services for persons who are uninsured / low income
  - <https://www.joinder.org/>
  - Clinton County location: 8 North Grove St., Lock Haven, PA, (570) 748-2262
  - Lycoming County location: 200 East St., Williamsport, PA (570) 326-7895
- Crossroads Counseling: Alcohol and other drugs / Dual diagnosis / Anger management / Domestic violence counseling / outpatient counseling / psychiatric evaluation (must be in treatment at Crossroads)
  - 8 North Grove Street, Suite 4, Lock Haven
  - (570) 893-1886
  - <http://www.crossroadscounselinginc.com/>
- A Place for Change: Individual & Couples Counseling
  - 216 Main Street, Mill Hall, PA
  - (570) 295-2581
- Before & After Counseling: Individual & Couples Counseling
  - 701 Allegheny Street, Jersey Shore, PA 17740
  - (570) 873-0343
  - <https://www.psychologytoday.com/us/therapists/before-after-counseling-llc-jersey-shore-pa/705817>
  - <http://www.beforeandaftercounseling.com/>
- Willow Springs Counseling, LLC
  - 111 South Spring Street; Suite 12, Bellefonte, PA 16823
  - 814-470-4182
  - <https://willowspringscounselingllc.com/>
- Private Practice in Avis: Ashley Hershberger, Kelly Eichenlaub and Hannah Freeman
  - 302 West Central Avenue, Avis
  - Hershberger: specializes in depression & anxiety  
<https://www.psychologytoday.com/us/therapists/ashley-hershberger-avis-pa/794241>
  - Freeman: specializes in trauma, PTSD, ADHD, LGBTQ+  
<https://www.psychologytoday.com/us/therapists/hannah-freeman-avis-pa/939749>
  - Eichenlaub:  
<https://www.psychologytoday.com/us/therapists/kelly-eichenlaub-avis-pa/939100>

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- Lucy Heggenstaller: Private practice, specializes in child, trauma, PTSD, life coach
  - 2367 East Winter Road, Loganton, PA 17747
  - 1012 Washington Blvd., Williamsport, PA 17701
  - <https://www.psychologytoday.com/us/therapists/lucy-heggenstaller-loganton-pa/149897>

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

211, <https://www.211.org/>

### **LOCAL DOMESTIC VIOLENCE / RAPE SUPPORT**

Roads to Peace, Lock Haven: <https://www.roadstopeace.org/> 570-748-9509

**\*\*To search for further individual therapy options outside of the surrounding Lock Haven area, you can go to PsychologyToday.com and search for therapists within your zip code under the search bar entitled "Find A Therapist."**

### **MENTAL HEALTH & CRISIS RESOURCES**

### **CUPA - Counseling Services**

Currently enrolled students can always call Counseling Services at their primary campus: offices on each campus are open 8 am – 4:30 pm on weekdays.

- Bloomsburg Counseling Services is 570-389-4255
- Lock Haven Counseling Services is 570-484-2479
- Mansfield Counseling Services is 570-662-4436

If it's after hours, a weekend, or a time when classes aren't being held, anyone can text or call 988, the national Suicide Prevention and Crisis Lifeline, for mental health help 24/7. They can connect you with local mental health resources, both emergency and non-emergency.

There are other wonderful 24/7 resources for people who are struggling with all kinds of mental health issues. All these resources are free and they're staffed by non-judgmental, caring, trained people. *Please note that not all services that advertise themselves as offering help online for people struggling with mental health are professional. CUPA Counseling Services recommends these sites.*

The **National Suicide Prevention Lifeline** is now 988. It is free and available 24/7. You can call for help for yourself or for someone else. They also have an amazing site called **YOU MATTER**, with writing by youth (13-24) on managing depression, dealing with suicidal thoughts, and staying alive.

PHONE: 988 can route you to local services or the National Suicide Prevention Lifeline.

TEXT: 988                                      ONLINE CHAT: <https://988lifeline.org/chat/>

WEBSITE: <https://988lifeline.org/>            YOU MATTER: <https://youmatter.988lifeline.org/>

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