

Resources for Employees Exhibiting Signs of Distress



Community Resources

! If you are concerned about immediate danger, **call 911 immediately.**

Community Crisis Intervention Resources

- [Centre County](#) - 1.800.643.5432
- [Commonwealth of Pennsylvania, by County](#)

National Suicide Prevention Lifeline

Dial 988

- Suicidal Thoughts
- Attempt Survivors
- Loss Survivors
- Resources for LGBTQ+
- Resources for Native Americans
- Resources for Veterans (Text 838255)

Trans Lifeline Peer Support

1.877.565.8860

- Trans Individuals
- Family and Friends

Crisis Text Line - Text "Hello" to 741741

- Self-Harm
- Suicidal Thoughts
- Emotional Abuse
- Depression
- Anxiety
- Loneliness

National Domestic Violence Hotline

1.800.799.7233

RAINN (Rape, Abuse & Incest National Network)

1.800.656.HOPE (1.800.656.4673)

Substance Abuse and Mental Health Services Administration (SAMHSA)

1.800.662.HELP (1.800.622.4357)

Free Telephone Counseling Hotlines



University Resources



Employee Assistance Program (EAP)

For benefits-eligible employees



Behavioral Health Benefits **Aetna Concierge for Penn State**

1.855.878.4197

For employees covered by Penn State's health plan



Teladoc Behavioral Health Benefit



Absence Management

Leaves of Absence for Penn State University employees

*REMINDER: Disclosure of some information may require mandatory reporting under University Policy (AD72, AD78, AD85/Sexual Misconduct, AD91).

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