

MORAVIAN UNIVERSITY

Mental Health and Suicide Prevention Resources

Moravian University's Counseling and Psychological Services (CAPS) has compiled the following list of suicide prevention resources in an effort to ensure anyone struggling with suicidal thoughts can find the help they need. It's important that students, faculty, and staff know the risk factors and warning signs of those considering suicide so they can reach out and help when it is most needed.

Recognize the Signs

Most people considering suicide show one or more sign. Here's what you should know:

Know the risk factors	Watch for signs	Increase protective factors
<ul style="list-style-type: none"> ● Previous suicide attempt ● Engaging in self-injury ● History of psychiatric diagnosis ● Alcohol and other substance use disorders ● History of trauma or abuse ● Recent discharge from psychiatric inpatient treatment ● Major physical or chronic illnesses ● Family history of suicide ● Recent job or financial loss ● Recent loss of relationship ● Easy access to lethal means of self-harm ● Local clusters of suicide ● Lack of social support, healthcare, or mental health services ● Exposure to others who have died by suicide 	<ul style="list-style-type: none"> ● Talking about wanting to die or suicide ● Expressing hopelessness about the future ● Feeling like a burden to others ● Displaying overwhelming or severe emotional distress ● Loss of interest in activities or others ● Neglect of personal appearance or hygiene ● Increased alcohol or drug use ● Sudden mood changes ● Unbearable or chronic physical pain ● Changes in sleep ● Reckless behavior ● Increased agitation or irritability or revenge seeking behavior ● Personality change including expressing anger or hostility ● Withdrawal ● Giving away belongings 	<ul style="list-style-type: none"> ● Access to effective clinical care for mental, physical, and substance use disorders ● Support through ongoing medical and mental health care relationships ● Restricted access to highly lethal means of suicide ● Strong connections to family and community support ● Increased skills in problem solving, conflict resolution and handling problems in a non-violent way

If you notice any of these signs or other changes in a peer or loved one:

1. Reach out to them and ask how they are doing. Plan a conversation with them when you have plenty of time and privacy.
2. Share the behaviors and changes that have concerned you.
3. Allow the person to share their concerns and thoughts and offer to help them find the appropriate resources.
4. Directly ask if the person is thinking about suicide. Asking about suicide does not increase a person's risk for suicide, to the contrary it can be a relief that they can share these thoughts with someone else.
5. Offer hope when they need it most. Your offer of unconditional support and encouragement can be crucial to a suicidal person.
6. Let the person know that help is available, and reassure them that their feelings are temporary and that you value their presence in your life.
7. If you feel the person is an immediate danger to themselves or someone else call campus police (610-861-1421) or dial 911.

Crisis Information

What is a crisis?

Mental health crises can manifest in various forms and can be influenced by a multitude of factors including individual circumstances, mental health conditions, and environmental stressors. Some examples of mental health crises include suicidal intent, loss of contact with reality or perceptual disturbances such as hearing voices, response to a traumatic event (sexual violence, sudden death, etc.), or gross impairment in functioning and/or total loss of emotional control.

Below are some key insights and valuable information concerning mental health crises:

[Suicide Prevention: Understanding the Warning Signs and How to Reach Out](#)

[When Terrible Things Happen: What you May Experience](#)

[Common Responses To Traumatic Events](#)

[Managing Anxiety in times of National or International Tension](#)

[Staying Safe, Alert, and Steady in a Dangerous Situation](#)

[Being Supportive to Someone Who Has Experienced Trauma](#)

Get Help

On-Campus Resources

- During the weekday between the hours 8AM-4PM, stop by CAPS at 1307 Main Street and indicate that you are in crisis and would like to speak with a therapist or call MUCC at 610-861-1510 to schedule a crisis appointment.
- After 4PM during the weekday or on the weekends, summer months of June and July, and any University closures, call Campus Police at 610-861-1421 if you are in crisis.

Additional Crisis Resources

Local Crisis Lines:

- Northampton County Crisis Line: 610-252-9060
- Lehigh County Crisis Line: 610-782-3127
- Lancaster County Crisis Line: 717-394-2631

National Crisis Lines:

- [National Suicide Prevention Lifeline](#): Dial 988
24/7, free and confidential support for people in distress
- [Crisis Text Line](#): Text CONNECT to 741741
Text with a live, trained crisis counselor on a secure online platform.
- [The Trevor Project](#): Lifeline at 1-866-488-7386 or Text Start to 678-678
Support and information for LGBTQ+ young people 24/7
- [The Steve Fund](#): Text STEVE to 741741
Text with a culturally trained crisis text line counselor on a secure online platform

Mental Health Resources

Moravian University's Counseling and Psychological Services (CAPS)

CAPS offers individual, couples, and group psychotherapy to full-time undergraduate students and full-time graduate students. Psychiatric medication services are provided through CAPS in partnership with Mantra Health, a telemental health platform. In addition, the center is engaged in outreach and training activities with members of the community throughout the academic year.

Private Practice Outpatient Psychotherapists

A list of local clinicians that offer outpatient psychotherapy services to college age individuals is available by contacting CAPS. In addition, students can search the [Psychology Today](#) website to find clinicians in the Bethlehem area that specialize in their area of concern and accept their private insurance.

Mental Health Clinics

A list of mental health clinics available in Northampton, Lehigh, and Lancaster counties are available on the CAPS website: [here](#)

Additional Prevention and Awareness Resources

- [National Suicide Prevention Lifeline](#)
- [SAVE: Suicide Awareness Voices of Education](#)
- [SuicideIsPreventable.org](#)
- [Suicide Prevention Resource Center](#)
- [American Foundation for Suicide Prevention](#)
- [The JED Foundation](#)
- [ULifeline](#)
- [Mental Health Screening](#)

Moravian University Outreach Plans

In addition to providing individual and group therapy for students, CAPS engages in outreach, training, and suicide prevention activities throughout the academic year. Programs include training faculty, staff, and students suicide prevention skills, suicide awareness and prevention programs offered campus-wide, outreach programs for specific groups, and resident assistant training. The counseling center staff continually engages in training to become more effective at recognizing and treating suicidal students. The counseling center professionals are always happy to provide training, support, and consultation to any campus group. For more information regarding upcoming training and events please visit Moravian.edu/counseling. To inquire about training for your group please contact the counseling center.

Post Intervention Plan

Moravian University's Office of Student Affairs maintains an emergency protocol manual that details the steps that staff will take in the event of any campus emergency, including a suicide attempt or threat. This plan includes a process for communicating with students, staff, and parents in the event of such an emergency. In addition, counseling and support will be made available to all students affected by such an event. For more information about this plan contact Greg Meyer, Dean for Community Wellness at meyerg@moravian.edu or 610-861-1503.

