



MORAVIAN  
COLLEGE

Counseling Center

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[www.moravian.edu/counseling](http://www.moravian.edu/counseling)

## Emergency and Crisis Services

If you or someone you know is experiencing an emergency and requires immediate care, dial 911.

In the case of a crisis (there is not imminent threat or possibility of harm) consider the following resources:

- Suicide Prevention Line: 1-800-273-8255
- Crisis Text Line: text “help” to 741741
- Search online for the *Mental Health Crisis Line Phone Number* for your current location (county and state)

## Find a Mental Health Provider in Your Area

- Visit PsychologToday.com and search for a clinician using your zip code or city name. You can refine your search to find a clinician that fits your needs (e.g. accepted insurance, gender, treatment modality, etc.)
- Visit your health insurance provider’s website and use the provider search to locate a clinician that accepts your insurance.
- Online therapy resources:

<http://www.VirtualCounselor.com>

<http://www.CollegeTelehealth.com>

## Drug and Alcohol Treatment Resources

To find drug and alcohol treatment resources in the Lehigh Valley visit: <http://www.lvintake.org>.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers national resource information:

Website: <https://www.samhsa.gov/find-help/national-helpline>

National Helpline: 1-800-662-HELP (4357)

