

Mental Health and Suicide Prevention Resources

Moravian College Counseling Center 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 his or her 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 his or her 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.

Get Help

- If someone is actively trying to hurt themselves or someone else call campus police at 610-861-1421 or dial 911.
- Moravian College Counseling Center
 - Open from 8am – 4:30pm (4:00 pm during the summer)
 - 1307 Main St. Bethlehem PA, 18018
 - Call 610-861-1510 or email (CounselingCenter@Moravian.edu) to make an appointment
 - Counselors are on call for emergency situations when the counseling center is closed. If you are experiencing an emergency that cannot wait until the center reopens call campus police at 610-861-1421.
- Other resources available:
 - National Suicide Prevention Lifeline available anytime at 1-800-273-8255
 - Text CONNECT to 741741 (crisis text line)
 - Northampton County Crisis Intervention services are available 24 hours a day by calling 610-829-4801

Mental Health Resources

Moravian College Counseling Center



Counseling Center | 1200 Main Street | Bethlehem, PA 18018
610 861-1510 | f. 610 625-7935 | moravian.edu/counseling



Moravian College Counseling Center offers individual, couples, and group psychotherapy to full-time undergraduate students and full-time graduate students enrolled in the physical therapy, athletic training, and nursing programs. A part-time psychiatrist is available for medication management. In addition, the center is engaged in outreach and training activities with students and staff 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 the Moravian College Counseling Center. 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 county is available on the Northampton County website: [Outpatient Mental Health Clinics](#)

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 College Outreach Plans

In addition to providing individual and group counseling for students, Moravian College Counseling center 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.

Postintervention Plan

Moravian College 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, Assistant Dean of Students.

