

# MORAVIAN UNIVERSITY

## Mental Health and Suicide Prevention Resources

Moravian University's Counseling and Psychological Services (CAPS) has compiled the following suicide prevention resources to ensure that anyone struggling with suicidal thoughts can access the help they need. It is vital that students, faculty, and staff are aware of the risk factors and warning signs associated with suicide, so they can recognize when someone may be in need and offer support at critical moments.

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

## How to Support Someone Who May Be Struggling

If you notice any of the following signs—or other significant changes—in a peer or loved one, it's important to reach out:

- Changes in behavior, mood, or daily functioning
- Withdrawal from social connections or usual activities
- Expressions of hopelessness or feeling like a burden
- Increased substance use or risk-taking behavior

### Steps You Can Take:

- Start the conversation. Reach out and ask how they're doing. Choose a time and setting where you have privacy and won't be rushed.
- Share your concerns. Gently mention the behaviors or changes you've noticed that have caused you to worry.
- Listen without judgment. Allow them to speak openly. Offer empathy and support, and suggest connecting with appropriate resources.
- Ask directly about suicide. Asking, "*Are you thinking about suicide?*" does not increase risk. In fact, it can provide relief and open a path to getting help.
- Offer hope. Reassure them that they are not alone and that what they are feeling is temporary. Your support can make a critical difference.
- Encourage professional help. Let them know help is available and that you care about their well-being.
- Take immediate action if necessary. If you believe the person is in immediate danger to themselves or others, call Campus Police at 610-861-1421 or dial 911.

## Crisis Information

### What Is a Mental Health Crisis?

A mental health crisis occurs when a person's emotional or psychological state overwhelms their ability to cope, potentially placing themselves or others at risk. Crises can look different from person to person and may be influenced by mental health conditions, individual circumstances, or environmental stressors.

### Examples of mental health crises include:

- Thoughts of suicide or having suicidal intent
- Losing touch with reality or experiencing perceptual disturbances (e.g., hearing voices)
- Intense emotional distress following a traumatic event (e.g., sexual violence, sudden loss of a loved one)
- Significant impairment in daily functioning or a complete loss of emotional control

If you or someone you know is experiencing a crisis, help is available. Please contact CAPS or emergency services for immediate support. See the next page for emergency contact information.

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

#### **Crisis Support**

- **Weekdays (8:00 AM – 4:00 PM):**  
If you are in crisis, you may walk into CAPS at 1307 Main Street and request to speak with a therapist. You can also call 610-861-1510 to schedule a crisis appointment.
- **After Hours, Weekends, Summer (June & July), and University Closures:**  
If you are experiencing a crisis during these times, please contact Campus Police at 610-861-1421 for assistance.

### 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 provides individual, couples, and group psychotherapy to full-time undergraduate and graduate students. Psychiatric medication services are available through a partnership with Mantra Health, a tele-mental health platform. In addition to clinical services, CAPS actively engages in outreach, education, and training initiatives with the campus community throughout the academic year.

### *Private Practice Outpatient Psychotherapists*

A list of local clinicians who provide outpatient psychotherapy services to college-age individuals is available by contacting CAPS. Additionally, students can use the [Psychology Today website](#) to search for clinicians in the Bethlehem area who specialize in their specific concerns 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: [link](#)

## **Additional Prevention and Awareness Resources**

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

## **Moravian University Outreach Plans**

In addition to providing individual and group therapy services to students, CAPS team actively engages in outreach, training, and suicide prevention initiatives throughout the academic year. These efforts include:

- Campus-wide suicide awareness and prevention programming
- Suicide prevention skills training for faculty, staff, and students
- Targeted outreach programs for specific student populations
- Annual training for Resident Assistants (RAs)

CAPS staff continually pursue professional development to enhance their ability to recognize and support students experiencing suicidal thoughts or behaviors. Our clinicians are always available to provide training, consultation, and support to any group within the campus community.

For more information about upcoming trainings and events, please visit [Moravian.edu/counseling](http://Moravian.edu/counseling). To inquire about scheduling a training or presentation for your group, please contact CAPS directly.

## **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](mailto:meyerg@moravian.edu) or 610-861-1503.

