

ON-CAMPUS MENTAL HEALTH RESOURCES

Center for Counseling & Human Development

- Monday, Tuesday, Thursday, Friday (8am-4:30pm)
 - Wednesday (8am-6pm)
 - Everyday 1-3pm walk-in for urgent issues
- Call 717-871-7821 to schedule or inquire about services
- 3rd Floor Lyle Hall
- Counseling Center list of referrals scan QR code
- Pet Therapy: Mondays 10:30-11:30am in SMC Atrium & select Tuesdays 6-7pm in Library
- Depression/Anxiety Workshop call for more info.
- Neurodivergent Support Group Wednesdays from 5-6pm starting Feb 12th
 - Call counseling for more information
- All services FREE and NO Insurance needed. Lightbox therapy also available.



Health Services

- Monday-Thursday: 9am-5pm; Friday: 8am-4pm
 - Summer and Semester breaks: Monday-Friday from 8am-4pm
- Call 717-871-5250 to schedule an appointment.
- Witmer Building (4 McCollough Street)
- NO insurance needed.

Domestic Violence Services Lancaster

- Wednesdays 9am-5pm
- Call 717-299-1249 or Text SAFE to 61222
- Email muadvocate@caplanc.org
- 2nd Floor Witmer Building
- Confidential domestic and dating violence advocate on campus

YWCA Lancaster

- Mondays 9am-5pm
- Call 717-392-7273
- Email wehearyou@ywcalancaster.org
- 2 Floor Witmer Building
- Confidential sexual assault advocate on campus

The Center for Health Education and Promotion

- Monday-Friday 8am-4:30pm
- Call 717-871-4141
- Email chep@millersville.edu
- Not sure where to start? CHEP can help refer you to resources.
- Peer to peer interactive educational presentations for student orgs, clubs and teams.

OFF-CAMPUS MENTAL HEALTH RESOURCES

Lancaster Crisis Intervention

- Call 717-394-2631
- Lancaster County Warm Line call 717-945-9976

Suicide & Crisis Lifeline

- Call or text 988
- Text HELLO to 741741
- Call 800-273-8255

Mental Health America Lancaster

- Email mha@mhalancaster.org
- Call 717-397-7461
- For services, scan QR code



Websites

- The JED Foundation
- The Steve Fund



Apps

- Calm
- Insight Timer
- AbleTo
- Woebot: The Mental Health Ally
- Quabble: Daily Mental Wellness
- Daylio Journal: Daily Diary
- Headspace: Sleep & Meditation
- BetterHelp - Therapy
- Serene: Discover Yourself
- Sleep: Sounds & Meditation

Identity Based Hotlines

- Latinx Mental Health Hotlines: 1-800-788-4727 and 1-888-628-9454
- Spanish Crisis Counselor: Text AYUDA to 741741
- La línea 988 está disponible 24/7/365
- Spanish Trans Lifeline: 877-565-8860 oprime 2
- Military Crisis Line: 1-800-273-8255 or Text: "ANSWER" to 838255 or Dial 988 then Press 1
- Trans Lifeline: 877-565-8860
- The Trevor Project: 1-866-488-7386 or Text "START" to 678678
- Black Mental Health Alliance: QR Code

