



## HEALTH & WELLBEING CONTACT INFORMATION

### Crisis Hotline Information

If you are experiencing a psychological or emotional crisis, including but not limited to the following:

- Suicidal or homicidal thoughts or impulses
- Sexual or physical assault
- Hearing voices or otherwise misperceiving reality
- Overwhelming loss, such as a death in the family

Please utilize the services listed below in these or other crises situations.

#### **MOUNT NITTANY MEDICAL CENTER – EMERGENCY DEPARTMENT | 814-834-6110 or 911**

*1800 East Park Ave., State College, PA*

The Emergency department can provide immediate care for severe crises, such as drug or alcohol overdoses or serious suicidal or homicidal thoughts or urgent problems with psychiatric medications. Student may call 911 for ambulance service to the hospital.

#### **CENTRE COUNTY CAN HELP LINE | 24/7 Hotline – 1-800-643-5432**

This is a 24-hour crisis hotline available to Centre County residents, including students. Counselors who staff the hotline will help manage a crisis situation; a mobile team is available when needed.

#### **COMMUNITY HELP CENTRE | 24/7 Hotline – 814-235-1890**

*141 W. Beaver Avenue, State College, PA*

This local agency provides both telephone and in-person crisis intervention services. Walk-in hours are from 9:00am to 6:00pm, Monday – Friday. The crisis hotline is available 24 hours a day.

#### **CENTER FOR WOMEN STUDENTS | 24/7 Hotline – 1-800-560-1637 or [www.hotline.psu.edu](http://www.hotline.psu.edu)**

*204 Boucke Building, University Park Campus*

The Center supports students who have been impacted by sexual violence, relationship violence, stalking, harassment, and other campus climate issues. We assist students through education, advocacy, referrals, and crisis intervention/support counseling

# Non-Life Threatening Emergency and Other Injury/Illness

Over the course of a typical academic year, many student-athletes find themselves dealing with acute stressors, and in some cases, facing very serious medical and mental health concerns.

In these situations, please utilize the services listed below. If you have questions, consult with your coaches and/or team athletic trainers.

**WE ARE** here to support you!

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## TEAM PHYSICIANS

If deemed a medical emergency, the student-athlete should proceed directly to the emergency room or call 911. Then the student-athlete should notify their team athletic trainer. If sick or injured, student-athletes should contact the team athletic trainer. Student-athletes should refer to coaching staff and/or team athletic trainers for each team's specific guidelines.

## **CAPS** | <http://studentaffairs.psu.edu/counseling/>

Counseling and Psychological Services (CAPS) is available to all students in the University Health Services Building. The staff work with thousands of Penn State students per year in group therapy, individual counseling, crisis intervention, and psychiatric services as well as providing prevention, outreach, and consultation services for the University community. Services at CAPS are designed to enhance students' ability to fully benefit from the University environment and academic experience. Your team specific athletic trainer and/or team physician can answer any questions regarding CAPS.

## **UNIVERSITY HEALTH SERVICES** | 24/7 Advice Nurse – 814-863-4463

<http://studentaffairs.psu.edu/health/>

UHS is the campus health/medical facility. Appointments can be made online 24/7 or by calling 814-863-0774 during business hours. Services available include medical care, health & wellness, immunizations, nutrition clinic, pharmacy, and physical therapy.

## **MT. NITTANY MEDICAL CENTER** | <http://www.mountnittany.org/>

Mt. Nittany Medical Center, the local hospital, is located at 1800 East Park Avenue.

## Team

## Physicians



**Scott Lynch, MD**

Director of Athletic Medicine  
Football

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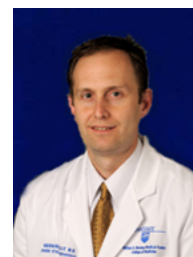


**Dov Bader, MD**

Baseball, M/W Gymnastics,  
M/W Swimming & Diving, M/W  
Fencing, M/W Rugby

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gbilly@hmc.psu.edu



**Gregory Billy, MD**

Baseball, Men's Basketball,  
Men's Golf, Men's Lacrosse

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**Philip Bosha, MD**

Field Hockey, Men's Ice Hockey,  
M/W Swimming & Diving, Wrestling

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**Kathryn Gloyer, MD**

Women's Golf, Women's Ice  
Hockey, Women's Lacrosse,  
M/W Tennis, M/W Rugby, Cheer

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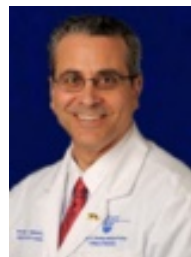


**Roberta Millard, MD**

Women's Basketball, M/W Soccer,  
M/W Track & Field, M/W  
Volleyball, Dance

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**Wayne Sebastianelli, MD**

M/W Basketball, M/W Soccer,  
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**Peter Seidenberg, MD**

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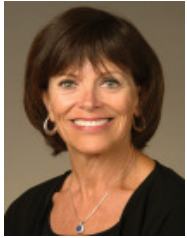
**Paul Sherbondy, MD**

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# Sports Nutrition



**Kris Clark, PhD, RD, FACSM**

Director of Sports Nutrition

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**Farrell Frankel, MS, RD**

Assistant Sports Nutritionist

fuf22@psu.edu

917-685-9494



**Dave Yukelson, PhD**

Director  
Sport Psychology Services

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814-865-0407

## **SPORT NUTRITIONAL SERVICES** | <http://www.gopsusports.com/ot/sportsnutrition.html>

Penn State Sports Nutrition aims to assist each and every student-athlete with the knowledge and ability to make nutrition decisions that will optimize performance through the following methods: athlete fueling stations, BOD POD body composition testing, individualized meal planning and nutrition consultations, team education sessions, grocery store tours, and dietary supplement advice.

## **SPORT PSYCHOLOGY SERVICES** | <http://morgancenter.psu.edu/academic-personal-support/>

The sport psychologist provides counseling and support to student-athletes in the area of mental skills training for managing peak performance under pressure, offering individualized strategies for improving concentration, confidence, composure, resilience, and mental toughness. In addition, the sport psychologist provides assistance to those individuals having difficulty balancing multiple time demands and managing stress effectively, navigating interpersonal relationships successfully, making the transition from high school to college smoothly, and/or coping with the psychological trials and tribulations of being injured.

# Mental Health and Wellbeing Taskforce



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