PENNSYLVANIA INSTITUTE OF TECHNOLOGY

Mental Health and Suicide Prevention Plan

Pennsylvania Act 110 / PA CARES

Need Help Now?

If you or someone else is in immediate danger, call 911. For free, confidential crisis support at any time, call or text 988 or call Uwill at (833) 646-1526.

800 Manchester Avenue, Media, PA 19063
610-892-1500 | www.pit.edu

Next annual review: no later than August 1, 2027

1. Purpose and Institutional Commitment

Pennsylvania Institute of Technology (P.I.T.) is committed to protecting student safety, supporting mental health, and maintaining a campus culture in which students can seek help without stigma. This plan describes the College's prevention, intervention, crisis-response, communication, training, and postvention practices. It also identifies free and accessible resources available to students in person, online, and by telephone.

The plan is adopted in alignment with Pennsylvania Act 110 and the PA CARES initiative. It applies to the P.I.T. community and is intended to make help easy to find before, during, and after a mental-health or suicide-related crisis.

2. Immediate Crisis and Support Contacts

In an Emergency

Call 911 or go to the nearest emergency department when a person is in immediate danger, has attempted or is preparing to attempt suicide, has a plan and access to the means to carry it out, cannot remain safe, or needs urgent medical attention.

Resource	How to Access It	Availability
Immediate danger or medical emergency	Call 911 or go to the nearest emergency department.	24/7
988 Suicide & Crisis Lifeline	Call or text 988; online chat is available at 988lifeline.org.	Free, confidential, 24/7
Uwill crisis support (Uhelp) *– Individuals trained in MH crisis response*	Call (833) 646-1526 or sign in at app.uwill.com using your P.I.T. email.	Free to the P.I.T. community, 24/7
Delaware County Crisis Connections Team	Call 1-855-889-7827 for mobile mental-health crisis outreach.	24/7
Pennsylvania Crisis Text Line	Text "PA" to 741741.	Free, confidential, 24/7
P.I.T. Campus Security	Call 610-892-1547 for an immediate on-campus safety concern, assistance, or an escort.	During campus operations
P.I.T. Student Affairs *– Individuals trained in MH crisis response*	Call or email Student Affairs for support, referrals, and follow-up.	College business hours

3. Mental-Health Prevention, Counseling, and Wellness

Uwill Services

P.I.T. partners with Uwill to provide students with free virtual mental-health support. Students sign in with their P.I.T. email at app.uwill.com. Services include:

- **Umatch:** up to six teletherapy sessions with a licensed counselor.
- **Urise:** on-demand wellness programming, including resources related to stress relief, self-care, relationships, self-esteem, sleep, nutrition, resilience, guided meditation, and yoga.
- **Uhelp:** immediate crisis support available 24 hours a day, seven days a week, by telephone at (833) 646-1526.

Student Affairs and Student Success Coaches

Each student is assigned a Student Success Coach who supports the student throughout their enrollment. Student Success Coaches are trained in Mental Health First Aid and can listen, identify concerns, make referrals, and connect students with institutional and community resources. Coaches do not replace licensed mental-health professionals or emergency responders.

Students who need help accessing services may contact Alina Colangeli, Social Services Success Coach, at Alina.Colangeli@PIT.edu, or the Office of Student Affairs at 610-892-8102.

Please see below for all Student Affairs staff contact information:

Staff Member	Title/Area of Support	Email	Phone
Dr. Marquise Isaac-Rivers	Director of Student Affairs and TRIO SSS	marquise.isaacrivers@pit.edu	610-892-1513
Rosie Marcher	Student Success Coach — Last Names A–M	RMarcher@pit.edu	610-892-1563
Garrison Lockley	Student Success Coach — Last Names N–Z	GLockley@PIT.edu	610-892-1560
Magan Pilato	Pre-Nursing Student Success Coach	Magan.Pilato@PIT.edu	610-892-1564
Alina Colangeli	Social Services Student Success Coach; General Studies, Psych & Beh. Health, NDT Students	Alina.Colangeli@PIT.edu	610-892-1565
Marcia Garbutt	Parenting Support Coach	Marcia.Garbutt@PIT.edu	610-892-1586
Dominique Wilkerson	TRIO SSS Student Affairs/Student Success Coach	Dominique.wilkerson@pit.edu	610-892-1515
Brooke Gaines	Career and Transfer Coach	brooke.gaines@pit.edu	610-892-1566

Education and Wellness Programming

The Office of Student Affairs offers workshops and engagement opportunities throughout the academic year on mindfulness, anxiety, stress management, emotional well-being, and related topics. P.I.T. also highlights mental-health practices, available services, and help-seeking during Mental Health Awareness Month and other campus programs.

Community Services and Providers

P.I.T. may connect students with local services based on their needs. Students may also contact these organizations directly:

- **Delaware County Crisis Connections Team:** 1-855-889-7827 for 24/7 mobile crisis outreach.
- **MVP Recovery / STAR Behavioral Health Urgent Care:** 855-MVP-2410 (855-687-2410), available 24/7; 2200 Providence Avenue, Chester, PA 19013.
- **Delaware County Health Department Wellness Line:** 484-276-2100 or DelcoWellness@co.delaware.pa.us, available 24/7.
- **Hope for Hallie:** assistance intended to reduce financial barriers to mental-health care.
- **Mental Health Partnerships / Project SHARE Recovery Learning Center:** peer-led recovery, skill-building, and community support.
- **Domestic Abuse Project of Delaware County:** emergency shelter, counseling, legal advocacy, and a 24-hour hotline.
- **Delaware County Victim Assistance Center:** crisis support and advocacy for survivors of sexual assault and other crimes; 24-hour hotline: 610-566-4342.
- **Peter's Place:** grief support for children, teens, and families.

4. Recognizing Warning Signs and Responding

A person may need immediate support when their words, behavior, mood, or circumstances change in a concerning way. Warning signs can include:

- Talking about wanting to die, feeling hopeless, being a burden, or having no reason to live.
- Looking for a way to die, making a plan, giving away important possessions, or saying goodbye.
- Withdrawing from others, showing extreme mood changes, or displaying increased anger, anxiety, agitation, or recklessness.
- Increasing alcohol or drug use, sleeping much more or less, or experiencing significant changes in functioning.
- Experiencing a painful loss, serious relationship problem, legal or financial crisis, trauma, discrimination, or another major stressor, especially when combined with the signs above.

Warning signs should be taken seriously. Ask directly and calmly about suicide, listen without judgment, connect the person to professional help, and do not leave them alone when there is an immediate safety concern. Calling 988 does not require certainty that a situation is suicidal; trained counselors can help determine the next step.

5. What Students Should Do in a Crisis

- **Seek immediate help when there is danger.** Call 911 or go to the nearest emergency department. On campus, Campus Security can be reached at 610-892-1547.
- **Connect with crisis support.** Call Uwill at (833) 646-1526, call or text 988, or contact the Delaware County Crisis Connections Team at 1-855-889-7827.
- **Do not stay alone.** If you are in crisis, remain with a trusted person while connecting to help. If another student is in crisis, stay with the person when it is safe to do so.
- **Tell someone at P.I.T.** Contact Student Affairs, a Student Success Coach, an instructor, Campus Security, or another trusted employee so the College can coordinate support.
- **Use our LiveSafe App.** Students may use the LiveSafe app to report safety concerns, suspicious activity, threatening behavior, or other incidents affecting the campus community. Students should provide as much relevant information as possible when submitting a report.
- **Continue with follow-up care.** Student Affairs can help connect students to Uwill, community providers, basic-needs resources, and other supports that may reduce ongoing risk.

6. Faculty and Staff Response

Faculty and staff use the Mental Health First Aid ALGEE framework when supporting a student. They should stay within their role, act promptly, and connect the student to appropriate professional assistance.

- **Approach, assess, and assist with any crisis.** Stay calm, speak supportively, and assess whether there is an immediate safety concern. Call 911 when a student is in immediate danger, has a plan or means to harm themselves or others, or requires urgent medical care. Do not leave the student alone when there is an immediate concern.
- **Listen nonjudgmentally.** Allow the student to speak without minimizing, debating, or dismissing the concern. Do not promise confidentiality.
- **Give reassurance and information.** Explain that the student is not alone and that free support is available through Uwill, 988, and community services.
- **Encourage appropriate professional help.** Help the student contact emergency services, crisis support, or a mental-health provider. After immediate safety needs are addressed, refer the concern to Student Affairs.
- **Encourage self-help and other support strategies.** When appropriate, help the student identify safe support from family, friends, healthcare providers, cultural or faith communities, and other trusted people.

Faculty and staff must submit a P.I.T. incident report as soon as possible so Student Affairs can provide timely follow-up and coordinate with the Campus Safety Committee when needed. Employees should not diagnose a student, provide counseling, investigate a crisis on their own, or assume that someone else has reported the concern.

7. Removing Barriers That Affect Well-Being

Mental health is affected by basic needs, caregiving responsibilities, finances, housing, safety, and other life circumstances. P.I.T. provides coordinated support intended to reduce these barriers:

- Social services support connects students with housing, utility, food, transportation, public-benefit, and community resources.
- Parenting student support connects caregivers with childcare assistance, scholarships, housing resources, financial-literacy support, and other services.
- The Student C.A.R.E. Center provides free personal-hygiene, oral-care, hair-care, and parenting items, including diapers and wipes.
- Emergency hardship funds may assist eligible students with urgent rental, utility, transportation, and other essential needs.
- Internal and external scholarships may help reduce financial stress associated with college attendance.

8. Communication and Public Access

P.I.T. makes this plan, crisis contacts, and free prevention materials publicly available on pit.edu and provides additional access through the My P.I.T. portal. The College communicates mental-health and suicide-prevention information through multiple channels:

- All incoming students receive hotline and crisis-service information during in-person or online orientation and through orientation materials.
- Every student receives hotline and crisis-service information by email at least twice each calendar year. P.I.T.'s quarterly schedule supports additional outreach in January, April, July, and October through email and Canvas announcements.
- Resources are displayed in high-traffic campus locations, including classrooms and hallways, the cafeteria, the Student Success and Wellness Center, student-service offices, and public entry areas.
- Uniform syllabus language directs students to Uwill, 988, Student Affairs, and emergency services.
- Mental-health resources are included in the Student Handbook and may be highlighted through quarterly newsletters, campus events, student leadership, and faculty/staff town halls.
- Faculty and staff receive a concise reference guide identifying warning signs, crisis contacts, reporting expectations, and referral procedures.
- P.I.T. provides access to the LiveSafe app as an additional way to report safety concerns, suspicious activity, threatening behavior, or other incidents. Information about LiveSafe will be shared through the College's website, student orientation, and campus communications. LiveSafe does not replace calling 911 during an emergency.

9. Training and Preparedness

- P.I.T. provides faculty and staff with mental-health and suicide-prevention education through Vector Solutions and other professional-development activities.
- Institution-specific training explains P.I.T.'s crisis procedures, available resources, incident-report expectations, and employee responsibilities.
- Student leaders and employees who frequently interact with students may receive targeted education on recognizing warning signs and connecting students to professional support.
- The College reviews response procedures during annual professional development and plan-review activities.

10. Postvention Support and Communication

- Following a student death by suicide, a suicide attempt, or another crisis that significantly affects the campus community, P.I.T. will coordinate a compassionate, timely, and trauma-informed response. The response will be tailored to the circumstances and will respect the affected individual's and family's privacy.
- The President, Vice President of Student Engagement, and/or Clery Compliance Officer will coordinate official campus communication, as appropriate.
- Messages will provide verified information, avoid speculation and unnecessary detail, acknowledge grief, identify available supports, and discourage stigmatizing language or romanticizing the death.
- P.I.T. will communicate with students, faculty, staff, and parents or families as appropriate, using coordinated messages that reflect the needs of each audience.
- Student Affairs will identify and offer support to students and employees who may be especially affected, including close peers, classmates, student organizations, faculty, and staff.
- P.I.T. will share access to Uwill teletherapy and crisis support, 988, grief resources, and relevant community providers.
- Student Affairs and the Campus Safety Committee will monitor community needs, coordinate follow-up, and adjust support and communication as circumstances develop.

Communication with a student's family will be coordinated through designated College leadership. P.I.T. will not disclose private information beyond what is permitted by law and appropriate under the circumstances.

11. Oversight, Assessment, and Annual Review

The P.I.T. CARES Team oversees implementation and annual review of this plan:

Name	Role
Kamira Evans, MPA	Vice President of Student Engagement and Chief of Staff
Dr. Marquise Isaac-Rivers, Ed.D.	Director of Student Affairs and TRIO Student Support Services
Alina Colangeli, M.A.	Social Services Success Coach
Marcia Garbutt, M.S.	Parenting Student Success Coach
Magan Pilato, M.S., NCC, LPC	Student Success Coach

The team will review the plan at least annually, no later than August 1. The review will verify contact information and resource availability; examine student use of mental-health and crisis services; consider reported concerns and response procedures; assess communication, training, and postvention activities; and identify improvements. P.I.T. will revise the plan and related public materials when services, contacts, legal requirements, or student needs change.

The Office of Student Affairs maintains responsibility for operational coordination, student follow-up, and documentation. Questions about this plan may be directed to Student Affairs.

Public Resource Links

P.I.T. Mental Health and Well-Being

Uwill Student Portal

988 Suicide & Crisis Lifeline

Delaware County Mental Health Resources

Pennsylvania Department of Human Services Mental Health Resources