## Updated: November 23, 2019

**RESOURCE LIST FOR BEHAVIORAL & GENERAL HEALTH**

Put together by the members of the Student Health Advocacy Resource Program (SHARP).

### There is a vast network of resources in place to provide focused and compassionate help.

**Medical School Contacts**

**Official Medical School Counselors** (free and confidential)

Linda Ewing, PhD
155 N. Craig Street, Suite 120
Pittsburgh, PA

412‐600‐9259

linda.ewing@medschool.pitt.edu

Darrell Phillips, LCSW, MBA

5889 Forbes Avenue, Suite 210

Pittsburgh, PA

412-327-2189

phillipscounseling@gmail.com

#### SHARP Faculty Members

1. Dr. Melissa McNeil (mcneilma@upmc.edu)
2. Dr. Jody Glance (glance@upmc.edu)
3. Dr. Neeta Shenai (shenain@upmc.edu)
4. Dr. Allison Dekosky (dekoskyas@upmc.edu)

**University of Pittsburgh Counseling Center** (group, individual, and couples counseling free to Pitt students), call 412-648-7930 or visit: <http://www.counseling.pitt.edu/>

The counseling center now offers psychiatric services in addition to counseling(<https://www.studentaffairs.pitt.edu/shs/psychiatry-services/>) but a referral from a student health provider or someone in the community is required.

### If you would like any help sorting through this list and figuring out what resource is best for you, a SHARP student representative would be happy to work with you. Updated contact information can be found at https://pittmedwellness.com/sharp/

**Mental Health Centers**

*Each center has many locations, see websites. Psychiatrists, therapists, and other resources available.*

#### Allegheny Mental Health Associates

(412) 967-5660

Allegheny Building, Suite 712

429 Forbes Avenue

Pittsburgh, PA 15219 <http://amha4u.com/>

**UPMC Western Psychiatric** (412) 624-1000

3811 O'Hara Street

Pittsburgh, PA 15213 [http://wpic.upmc.com](http://wpic.upmc.com/)

#### Mercy Behavioral Health

(412) 323-8026

1200 Reedsdale Street

Pittsburgh, PA 15212 http://www.mercybehavior al.org/

**Milestone Center (Allegheny East)** (412) 243-3400

600 Ross Ave

Wilkinsburg*,* PA 15221 [http://milestonecentersi](http://milestonecentersi/) nc.org/

### Additional therapist can be found in the Highmark Provider Directory at: https://provdir.highmarkbcbs.com/

**Private Therapists**

**Sandy Miller, PhD** (Squirrel Hill)

(412) 521-5419

6301 Forbes Ave Suite 210

Pittsburgh, PA 15217

**Carl Bonner, PhD** (Squirrel Hill)

(412) 422-9160 ext. 2

5869 Forbes Ave.

Pittsburgh, PA 15217 [http://www.drbonneronline.c](http://www.drbonneronline.c/) om/

**Paul Needle M.Ed.** (Squirrel Hill)

(412) 656-7215

1900 Murray Ave Suite 205

Pittsburgh, PA 15217

# Group Practices (therapy)

**VISTA** (multiple locations)

(412) 641-7016

230 North Craig Street Suite B

Pittsburgh, PA 15213 [http://www.vistabehavioral.co](http://www.vistabehavioral.co/) m/

**Duquesne University Psychology Clinic** *fee negotioable*

**(412) 396-6562**

908 Rockwell Hall

600 Forbes Ave

Pittsburgh, PA 15282

#### Cognitive Dynamic Therapy Associates

(412) 687-8700

155 N. Craig St. Suite 170

Pittsburgh, PA 15213 <http://www.cogdyn.com/>

**Pittsburgh Pastoral Institute**

Fee negotiable

Interfaith counseling and psychotherapy center

(412) 661-1239

6324 Marchland St., Pittsburgh PA 15206

**Pittsburgh Psychoanalytic Center (**multiple locations*) fee negotiable*

(412) 661-4224

401 Shady Ave Suite B101

Pittsburgh, PA 15206 http://www.pghpsa.org/

**Spiegel Freedman Psychological Associates**

401 Shady Ave, Suite 104C, Pittsburgh, PA 15206

412-367-9800

mailsfpa@gmail.com

<http://spiegelfreedmanpsych.com/>

#### Dr. Bruce Wright

(412) 347-0170 ex 44

110 Fort Couch Road Pittsburgh, PA 15241

**Dr. Susan Imes**

17 Brilliant Ave., Suite 300

Pittsburgh, PA 15215

<http://www.susanhobbinsmd.com/>

Accepts UPMC

# Private Psychiatrists

#### Dr. Daniel Shrager

(412) 421-5000

6315 Forbes Avenue

Pittsburgh, PA 15217

 **Dr. Dorothy Wilson**

17 Brilliant Ave.,

Suite 300

Pittsburgh, PA 15215

(412) 408-3520

deedeewilson@gmail.com

#### Dr. Ronald Glick

(412) 623-3023

Center for Integrative Medicine, Suite 310 Shadyside Place 580 S. Aiken Ave

**Dr. Paige Forrest**

Forrest Psychiatry

1102 S Braddock Ave, Suite 2
Pittsburgh, PA 15218

(412) 404-3081

Accepts UPMC & Highmark

#### re:solve Crisis Network (UPMC)

*Also offers mobile dispatch*

1-888-7-YOU CAN (1-888-796-8226)

333 North Braddock Ave. Pittsburgh, PA 15208

#### UPMC Western Psychiatric Diagnostic Evaluation Center

*Provides emergency and crisis intervention 24/7*

(412) 624-1000

3811 O'Hara Street

Pittsburgh, PA 15213

# Emergency/Suicide

**Pittsburgh Mercy Health System Crisis Center** *Many resources, including a*

*24/7 walk-in center, 24/7 phone hotline run by trained clinicians, a 72-hr locked inpatient unit, and a 30-day partial program for stabilization*

1-877-637-2924

264 South 9th Street Pittsburgh, PA 15203 pittsburghmercy.org

“We will open our doors to anyone.”

**Suicide Prevention Lifeline** *24 hour national hotline for civilians as well as veterans who are concerned for themselves or another. Hotline representatives provide counseling and support and also can make calls for intervention/hospital transport. All calls are routed to local area sites.*

1-800-273-8255

http://www.suicideprevention lifeline.org

#### Allegheny County Mental Health

*To file a 302 involuntary commitment to psychiatric unit for another individual*

(412) 350-4457

[http://www.alleghenycounty.u](http://www.alleghenycounty.u/) s/dhs/commitment.aspx

**The Trevor project**

Free 24/7 crisis intervention and suicide prevention services to LGBTQ-identified youth under 25

1-866-488-7386

#### Dialing “911”

911 will be happy to help you connect with mental health resources in an emergency situation.

# Primary Care Physicians (PCPs)

**Various Physicians @ UPMC General Internal Medicine** (students often go here)

(412) 692-4888

UPMC Montefiore, 9 South 3459 5th Ave

Pittsburgh, PA 15213

#### Dr. Ann McGaffey

(412) 361-7562

Bloomfield-Garfield Family Health Center

5475 Penn Ave.

Pittsburgh, PA 15206

#### Dr. Sandra Sauereisen

(412) 622-7343

Lawrenceville Family Health Center

3937 Butler Street

Pittsburgh, PA 15201

#### Metro Community Health Practice

(412) 247-2310

1789 S Braddock Ave #410

Pittsburgh, PA 15218 <http://www.mchcpgh.org/>

#### Dr. Jodi Strauss

(412) 422-5970

6301 Forbes Avenue, Suite 301

Pittsburgh, PA

# Drugs and Alcohol

**University of Pittsburgh Counseling Center** (412) 648-7930

## 2nd Floor Nordenberg Hall 119 University Place Pittsburgh, PA 15260

http://www.counselin g.pitt.edu/[http://ww](http://ww/) w.counseling.pitt.ed u/

**Gateway Rehabilitation** (multiple locations) (412) 697-0928

Squirrel Hill Professional Suites 5818 Forbes Avenue Pittsburgh, PA 15217-1602

[http://gatewayrehab.o](http://gatewayrehab.o/) rg

**Alcoholics Anonymous (AA)** *Also a good resource for people being affected by someone else's alcohol abuse* (412) 471-7472

900 Fifth Ave. 5th Floor

Pittsburgh PA 15219 [http://www.pghaa.org](http://www.pghaa.org/)

#### Narcotics Anonymous (NA)

For Meeting Times & Locations: https://[www.na.org/](http://www.na.org/) meetingsearch/

Main Website: <http://www.na.org/>

# Other Topics

### Most mental health practitioners can help with these issues, but these are some focused resources

#### Good Grief Center for Bereavement Support

(412) 224-4700

2717 Murray Avenue Pittsburgh, PA 15217-2419

[http://ursulinesuppo](http://ursulinesuppo/) rtservices.org/servic es/good-grief- center/

#### Center for Overcoming Problem Eating (COPE)

*Eating Disorders Clinic at WPIC* (412) 647-9329

3811 O'Hara St. Eighth floor Pittsburgh, PA 15213

#### Pittsburgh Action Against Rape (PAAR)

24 hour hotline: 1-

866-END-RAPE (1-

866-363-7273)

81 South 19th Street Pittsburgh, PA 15203 [http://paar.net](http://paar.net/)

**Persad Center** *LGBT Mental Health Issues*

(412) 441-9786

5301 Butler Street

Suite 100

Pittsburgh, PA 15201 https://persadcenter. org/

**Gamblers Anonymous (GA)** Pittsburgh Hotline: (412) 281-7484

Find a meeting: http://www.gambler sanonymous.org/ga/ locations

Main Website: www.gamblersanony mous.org

**Katie Robb Sewall**, LPC, MS (Oakland) (412) 566-7674

sewallcounseling@gmail.com

Website: Katierobbsewall.com

801 N Negley Ave

Pittsburgh, PA 15206

Of note: She has worked with med students and residents in the past. Ms. Sewall specializes in counseling through life transitions and chronic illness

**Center for Victims** *Support for anyone who has been a victim of a violent crime*

(866)644-2882 (24

hour hotline) 5916 Penn Ave

Pittsburgh, PA 15206 http://www.centerfor victims.org

**SHARE** (Sexual Harassment and Assault Response Education) *Support through Pitt for sexual assault or harassment, relationship violence, and stalking.* [http://www.share.pitt.ed](http://www.share.pitt.ed/)u/

**Imposter Syndrome Reading**

***Presence***by Amy Cuddy

***The Confidence Code*** by Katty Kay and Claire Shipman (geared at a female audience)

Brene Brown readings

Ted talk playlist for the phenomenon: [https://www.ted.com/playlists/503/fighting\_impostor\_syndrome](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ted.com%2Fplaylists%2F503%2Ffighting_impostor_syndrome&data=02%7C01%7CWard.Rebecca%40medstudent.pitt.edu%7C5e482b902a61433867e708d727c2e093%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637021590255089008&sdata=T8T26%2BcL3Thc0EY1Gb71HZtQKtfNoqvHX5ZO9CqxVCk%3D&reserved=0" \t "_blank" \o "Original URL: https://www.ted.com/playlists/503/fighting_impostor_syndrome Click or tap if you trust this link.)

#### Mindfulness Resources

**The Stress Free Zone at Pitt**

*a space where students can learn and regularly practice evidence-based, mind/body stress reduction skills* <http://studentaffairs.pitt.edu/ccsfz>

#### Center for Mindfulness and Consciousness Studies at Pitt

<http://mindfulnesspitt.org/>

**Open meditation:** Mondays and Thursdays at noon, Keystone building, 3520 Fifth, 2nd fl.

# Athletic Centers:

**Petersen Events Center** (Pitt Associated)

(412) 648-3054

3719 Terrace Street

Pittsburgh, PA 15261 http://www.peterseneventscen ter.com/

**Trees Hall** (Pitt Associated) (412) 648-8320

Allequippa Street Pittsburgh, PA 15261

[http://www.studentaffairs.pitt.](http://www.studentaffairs.pitt/) edu/IR\_Trees

**Bellefield Hall** (Pitt Associated)

*IM Office*: 412-648-8210

1. Bellefield Ave.

Pittsburgh, PA 15213 [http://www.studentaffairs.pitt.](http://www.studentaffairs.pitt/) edu/IR\_Bellefield

# Internet Resources

* 1. **NIMH** (mental health) information

## https://[www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)

* 1. **NIDA** (drug and alcohol) information

## https://[www.drugabuse.gov/](http://www.drugabuse.gov/)

#### Ivan Goldberg's Mental Health Central

<http://www.psycom.net/>

Eclectic mix of resources on mood disorders, for both professionals and the public.

#### National Alliance on Mental Illness (NAMI)

https://[www.nami.org/](http://www.nami.org/)

Lots of information about mental illness and links to many resources, also have a help line at 1 (800) 950-NAMI (6264)

* 1. **The Gay and Lesbian Community Center** <http://www.glccpgh.org/health-wellness-and-medicine/health-directory> A resource list like this one, but aimed at the LGBT community.
	2. **Meetup**

<http://www.meetup.com/>

an online resource to connect with others in the area over events involving music, art, food, language learning, etc. It’s also an app.

# Additional Options

1. Your own Primary Care Physician (PCP can provide support, basic talk therapy, medications, or referral to other resources. A good PCP can play a key role in your mental health team.
2. For non-crisis situations, if you just want to talk to someone, try Peer Support and Advocacy Network “Warmline.” You can also always contact your SHARP classmate.

#### 1-866-661-WARM (9276)

[**http://www.peer-support.org/?page\_id=22**](http://www.peer-support.org/?page_id=22)

10:00 am - Midnight daily

1. Contact your insurance company (e.g., UPMC-Health Plan, BC/BS) and ask for a referral list based on specific expertise or location.