**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 Counselor** (free and confidential)  
Darrell Phillips

5889 Forbes Avenue, Suite 210

412-327-2189

phillipscounseling@gmail.com

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

Linda Ewing

155 N. Craig Street, Suite 120

412-600-9259

linda.ewing@medschool.pitt.edu

**Official Medical School Psychiatrist** (free and confidential –referral through one of our school counselors)   
Dr. Jordan Karp

412-246-6048

karpjf@upmc.edu

**SHARP Faculty Members**  
1) Dr. Melissa McNeil (mcneilma@upmc.edu)   
2) Dr. Jody Glance ([glancej@upmc.edu](mailto:glancej@upmc.edu))

3) Dr. Neeta Shenai (shenain@upmc.edu)

4) Dr. Alison Dekosky ([dekoskyas@upmc.edu](mailto:dekoskyas@upmc.edu))

**SHARP Student Representatives**

     MS1 Geyon Garcia (6105339185) and Chareeni Kurukulasuriya (4129524341)

     MS2 Erica Hampton (8179036683) and Jackson Mitzner (7082696295)

     MS3 Lauren Auster (8474361681) and Lola Adebiyi (4129560223)

     MS4 Rebecca Ward (4124963653) and Annie Shrear (9252867895)

     Graduate Students Elliot Collins (2064030290) and Gaelen Dwyer (9073068622)

**University of Pittsburgh Counseling Center** (group, individual and couples counseling free to Pitt students)

412-648-7930

<http://www.counseling.pitt.edu/>

*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.*

**Mental Health Centers**

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

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| **Allegheny Mental Health Associates**  (412) 967-5660  Allegheny Bldg, Ste 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> | **Mercy Behavioral Health**  (412) 323-8026  1200 Reedsdale Street  Pittsburgh, PA 15212  <http://www.mercybehavioral.org/> | **Milestone Center (Allegheny East)**  (412) 243-3400  600 Ross Ave  Wilkinsburg*,* PA 15221  <http://milestonecentersinc.org/> |

*Additional therapist can be found in the Highmark Provider Directory at:* [*https://provdir.highmarkbcbs.com/*](https://provdir.highmarkbcbs.com/)

**Private Therapists**

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| **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.com/> | **Paul Needle M.Ed.** *Squirrel Hill*  (412) 656-7215  1900 Murray Ave Ste 205  Pittsburgh, PA 15217 | **Lee Wolfson**  **Wyndham University**  **Center**  *Oakland*  412-682-6040 |

**Group Practices (therapy)**

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| **VISTA** (multiple locations) (412) 641-7016 230 North Craig Street Suite B Pittsburgh, PA 15213  <http://www.vistabehavioral.com/> | **Cognitive Dynamic Therapy Associates** \*\* (412) 687-8700 155 N. Craig St. Suite 170 Pittsburgh, PA 15213 [http://www.cogdyn.com/](https://www.medstudent.pitt.edu/exchweb/bin/redir.asp?URL=http://www.cogdyn.com/) | **Pittsburgh Psychoanalytic Center (**multiple locations*) fee negotiable* (412) 661-4224 401 Shady Ave Suite B101 Pittsburgh, PA 15206 <http://www.pghpsa.org/> |
| **Duquesne University Psychology Clinic** *fee negotiable* (412) 396-6562 908 Rockwell Hall 600 Forbes Ave Pittsburgh, PA 15282 | **Pittsburgh Pastoral Institute** *fee negotiable, Interfaith counseling and psychotherapy center* (412) 661-1239 6324 Marchand St Pittsburgh, PA 15206 |  |

**Private Psychiatrists**

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| **Dr. Bruce Wright**  (412) 347-0170 ex 44  [110 Fort Couch Road](https://maps.google.com/maps?ie=UTF8&cid=3931321876206155402&q=Clinical+Psychiatry+Associates:+Wright+Bruce+A+MD&iwloc=A&gl=US&hl=en)  Pittsburgh, PA 15241‎ | **Dr. Daniel Shrager**  (412) 421-5000  6315 Forbes Avenue  Pittsburgh, PA 15217 | **Dr. Ronald Glick**  (412) 623-3023  Center for Integrative Medicine  Suite 310 Shadyside Place  580 S. Aiken Ave |

**Emergency/Suicide**

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| **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 | **Pittsburgh Mercy Health System Crisis Center**  *walk-in center, phone hotline, inpatient unit, and partial program*  1-877-637-2924 264 South 9th Street Pittsburgh, PA 15203  [pittsburgh](http://www.mercybehavioral.org/)mercy.org  “We will open our doors to anyone.” | **Allegheny County Mental Health** *To file a 302 involuntary commitment to psychiatric unit for another individual*  (412) 350-4457 <http://www.alleghenycounty.us/dhs/commitment.aspx> |
| **UPMC Western Psychiatric Diagnostic Evaluation Center**  *Provides emergency and crisis intervention 24/7*  (412) 624-1000  3811 O'Hara Street  Pittsburgh, PA 15213 | **Suicide Prevention Lifeline**  *24 national hotline. All calls are routed to local area sites.*  1-800-273-8255 <http://www.suicidepreventionlifeline.og> | **Dialing “911”**  911 will be happy to help you connect with mental health resources in an emergency situation. |

**Primary Care Physicians (PCPs)**

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| **Various Physicians @ UPMC General Internal Medicine** \*\*(students often go here)  (412) 692-4888  UPMC Montefiore, 9 South  3459 5th Ave  Pittsburgh, PA 15213 | **Dr. Sandra Sauereisen**  (412) 622-7343  Lawrenceville Family Health Center  3937 Butler Street  Pittsburgh, PA 15201 | **Dr. Jodi Strauss**  (412) 422-5970  6301 Forbes Avenue, Suite 301  Pittsburgh, PA | **Dr. Ann McGaffey**  (412) 361-7562  Bloomfield-Garfield Family Health Center  5475 Penn Ave.  Pittsburgh, PA 15206 |
| **Metro Community Health Practice**  (412) 247-2310  1789 S Braddock Ave #410  Pittsburgh, PA 15218  http://www.mchcpgh.org/ | **Student Wellness Center\*\***  Drs. Wettick & Greenwald  (412) 383-1800  119 University Place Pittsburgh, PA. 15260 | **UPMC Primary Care After Hours Clinic \*\*** (412) 784-5211  St. Margaret's Hospital and Murrysville | **Squirrel Hill Family Health Center \*\*** (412) 422-7442  4516 Browns Hill Road, Pittsburgh, PA |

**Drugs and Alcohol**

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| **University of Pittsburgh Counseling Center**  (412) 648-7930  Nordenberg Hall  119 University Place  Pittsburgh, PA 15260  <http://www.counseling.pitt.edu/> | **Gateway Rehabilitation** (multiple locations)(412) 697-0928 Squirrel Hill Professional Suites 5818 Forbes Avenue Pittsburgh, PA 15217-1602 <http://gatewayrehab.org> | **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/meetingsearch/>  Main Website: <http://www.na.org/> |

**Other Issues**   
*Most mental health practitioners can help with these issues, but these are some focused resources*

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| **Good Grief Center for Bereavement Support**  (412) 224-4700 2717 Murray Avenue Pittsburgh, PA 15217-2419 <http://ursulinesupportservices.org/services/good-grief-center/> | **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> | **Gamblers Anonymous (GA)** Pittsburgh Hotline: (412) 281-7484  Find a meeting: <http://www.gamblersanonymous.org/ga/locations>  Main Website:  [www.gamblersanonymous.org](http://www.gamblersanonymous.org) | **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.centerforvictims.org](http://www.centerforvictims.org/) |
| **Center for Overcoming Problem Eating (COPE)** *Eating Disorders Clinic at WPIC* (412) 647-9329 3811 O'Hara St. Eighth floor Pittsburgh, PA 15213 | **Persad Center**  *LGBT Mental Health Issues*  (412) 441-9786  5301 Butler Street  Suite 100  Pittsburgh, PA 15201  <https://persadcenter.org/> | **The Emily Program** *National Eating Disorders treatment agency*  1-888-364-5977  2009 MacKenzie Way, Suite 100  Cranberry Township, PA 16066  <http://emilyprogram.com/> | **SHARE** (Sexual Harassment and Assault Response Education) *Support through Pitt for sexual assault or harassment, relationship violence, and stalking.*  <http://www.share.pitt.edu/> |

**Healthy Relationships and Intimate Partner Violence**

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| **National Domestic Violence Hotline**  <http://www.thehotline.org/resources/>  1-800-799-SAFE | **Women’s Center and Shelter of Greater Pittsburgh**  <https://www.wcspittsburgh.org/> | **Standing Firm Southwest PA**  <http://www.standingfirmswpa.org/resources-victims> | **FAQ sheet on Intimate Partner Violence**  <http://www.ncdsv.org/images/DV_FAQs.pdf> |

**Mindfulness Resources**

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| **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**

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| **Petersen Events Center** (Pitt Associated)  (412) 648-3054 3719 Terrace Street   Pittsburgh, PA 15261 http://www.peterseneventscenter.com/ | **Trees Hall** (Pitt Associated)  (412) 648-8320 Allequippa Street Pittsburgh, PA 15261 http://www.studentaffairs.pitt.edu/IR\_Trees | **Bellefield Hall** (Pitt Associated)*IM Office*:412-648-8210 S. Bellefield Ave. Pittsburgh, PA 15213 http://www.studentaffairs.pitt.edu/IR\_Bellefield |
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**Internet Resources**

1. **NIMH** (mental health) information   
   <https://www.nimh.nih.gov/index.shtml>

<https://www.medstudent.pitt.edu/exchweb/bin/redir.asp?URL=http://www.healthyminds.org/letstalkfacts.cfm>

1. **NIDA** (drug and alcohol) information   
   <https://www.drugabuse.gov/>

<https://www.medstudent.pitt.edu/exchweb/bin/redir.asp?URL=http://www.nida.nih.gov/NIDAHome.html>

1. **Ivan Goldberg's Mental Health Central**   
   <http://www.psycom.net/>  
   Eclectic mix of resources on mood disorders, for both professionals and the public.
2. **National Alliance on Mental Illness (NAMI)**<https://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)
3. **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.
4. **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.

1. Bereavement resource for students created by PittMed alum

[www.bereavemed.com](http://www.bereavemed.com)

**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>  
10:00 am - Midnight daily

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