**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 Therapist** (free and confidential)
Darrell Phillips, LCSW

5889 Forbes Avenue, Suite 210

412-327-2189

phillipscounseling@gmail.com

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

Linda Ewing, PhD, RN

Licensed Psychologist

155 N. Craig Street, Suite 120

412-600-9259 (cell phone)

ewing.linda@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)

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

4) Dr. Alison Dekosky (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.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Allegheny Mental Health Associates** (412) 967-5660 Allegheny Bldg, Ste 712429 Forbes AvenuePittsburgh, PA 15219<http://amha4u.com/> | **UPMC Western Psychiatric** (412) 624-10003811 O'Hara StreetPittsburgh, PA 15213<http://wpic.upmc.com> | **Mercy Behavioral Health** (412) 323-80261200 Reedsdale Street Pittsburgh, PA 15212<http://www.mercybehavioral.org/> | **Milestone Center (Allegheny East)**(412) 243-3400600 Ross AveWilkinsburg*,* 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**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sandy Miller, PhD** *Squirrel Hill*(412) 521-5419 6301 Forbes Ave Suite 210Pittsburgh, PA 15217 | **Carl Bonner, PhD** *Squirrel Hill* (412) 422-9160 ext. 25869 Forbes Ave.Pittsburgh, PA 15217<http://www.drbonneronline.com/> | **Paul Needle M.Ed.** *Squirrel Hill*  (412) 656-7215 1900 Murray Ave Ste 205Pittsburgh, PA 15217 | **Lee Wolfson****Wyndham University****Center** *Oakland*412-682-6040 |

**Group Practices (therapy)**

|  |  |  |
| --- | --- | --- |
| **VISTA** (multiple locations)(412) 641-7016230 North Craig StreetSuite BPittsburgh, PA 15213 <http://www.vistabehavioral.com/> | **Cognitive Dynamic Therapy Associates** \*\*(412) 687-8700155 N. Craig St.Suite 170Pittsburgh, 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) 661-4224401 Shady AveSuite B101Pittsburgh, PA 15206<http://www.pghpsa.org/> |
| **Duquesne University Psychology Clinic** *fee negotiable*(412) 396-6562908 Rockwell Hall600 Forbes AvePittsburgh, PA 15282 | **Pittsburgh Pastoral Institute** *fee negotiable, Interfaith counseling and psychotherapy center*(412) 661-12396324 Marchand StPittsburgh, PA 15206 |  |

**Private Psychiatrists**

|  |  |  |
| --- | --- | --- |
| **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) 421-50006315 Forbes AvenuePittsburgh, PA 15217 | **Dr. Ronald Glick** (412) 623-3023Center for Integrative MedicineSuite 310 Shadyside Place580 S. Aiken Ave |

**Emergency/Suicide**

|  |  |  |
| --- | --- | --- |
| **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* 1-877-637-2924264 South 9th StreetPittsburgh, 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) 624-10003811 O'Hara StreetPittsburgh, 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)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Various Physicians @ UPMC General Internal Medicine** \*\*(students often go here)(412) 692-4888UPMC Montefiore, 9 South3459 5th AvePittsburgh, PA 15213 | **Dr. Sandra Sauereisen** (412) 622-7343Lawrenceville Family Health Center3937 Butler StreetPittsburgh, PA 15201 | **Dr. Jodi Strauss** (412) 422-59706301 Forbes Avenue, Suite 301Pittsburgh, PA | **Dr. Ann McGaffey** (412) 361-7562Bloomfield-Garfield Family Health Center5475 Penn Ave.Pittsburgh, PA 15206 |
| **Metro Community Health Practice** (412) 247-23101789 S Braddock Ave #410Pittsburgh, PA 15218http://www.mchcpgh.org/ | **Student Wellness Center\*\***Drs. Wettick & Greenwald(412) 383-1800119 University Place Pittsburgh, PA. 15260 | **UPMC Primary Care After Hours Clinic \*\***(412) 784-5211St. Margaret's Hospital and Murrysville | **Squirrel Hill Family Health Center \*\***(412) 422-7442 4516 Browns Hill Road, Pittsburgh, PA |

**Drugs and Alcohol**

|  |  |  |  |
| --- | --- | --- | --- |
| **University of Pittsburgh Counseling Center** (412) 648-7930Nordenberg Hall119 University PlacePittsburgh, PA 15260<http://www.counseling.pitt.edu/>  | **Gateway Rehabilitation** (multiple locations)(412) 697-0928Squirrel Hill Professional Suites5818 Forbes AvenuePittsburgh, PA 15217-1602<http://gatewayrehab.org> | **Alcoholics Anonymous (AA)** *Also a good resource for people being affected by someone else's alcohol abuse*(412)471-7472900 Fifth Ave.5th FloorPittsburgh 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*

|  |  |  |  |
| --- | --- | --- | --- |
| **Good Grief Center for Bereavement Support**(412) 224-47002717 Murray AvenuePittsburgh, 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 StreetPittsburgh, 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 AvePittsburgh, PA 15206 [http://www.centerforvictims.org](http://www.centerforvictims.org/) |
| **Center for Overcoming Problem Eating (COPE)** *Eating Disorders Clinic at WPIC*(412) 647-93293811 O'Hara St.Eighth floorPittsburgh, PA 15213 | **Persad Center** *LGBT Mental Health Issues*(412) 441-97865301 Butler StreetSuite 100Pittsburgh, PA 15201<https://persadcenter.org/> | **The Emily Program** *National Eating Disorders treatment agency*1-888-364-59772009 MacKenzie Way, Suite 100Cranberry 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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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**

|  |  |
| --- | --- |
| **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) 648-30543719 Terrace Street  Pittsburgh, PA 15261http://www.peterseneventscenter.com/ | **Trees Hall** (Pitt Associated) (412) 648-8320Allequippa StreetPittsburgh, PA 15261http://www.studentaffairs.pitt.edu/IR\_Trees | **Bellefield Hall** (Pitt Associated)*IM Office*:412-648-8210S. Bellefield Ave.Pittsburgh, PA 15213http://www.studentaffairs.pitt.edu/IR\_Bellefield |
|  |  |  |

**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.