

# **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)

Lee Wolfson  
412-624-1041  
[lkwolfson@medschool.pitt.edu](mailto:lkwolfson@medschool.pitt.edu)

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

Linda Ewing  
412-600-9259  
[Ewing.Linda@medschool.pitt.edu](mailto:Ewing.Linda@medschool.pitt.edu)

### **Official Medical School Psychiatrist** (free and confidential – see Lee Wolfson for referral)

Dr. Jordan Karp  
412-246-6048  
[karpjf@upmc.edu](mailto:karpjf@upmc.edu)

### **SHARP Faculty Members**

- 1) Dr. Melissa McNeil ([mcneilma@upmc.edu](mailto:mcneilma@upmc.edu))
- 2) Dr. Jason Rosenstock ([rosenstockjb@upmc.edu](mailto:rosenstockjb@upmc.edu))
- 3) Dr. Jody Glance ([glancej@upmc.edu](mailto:glancej@upmc.edu))
- 4) Dr. Alexis Fertig ([fertigam@upmc.edu](mailto:fertigam@upmc.edu))

### **University of Pittsburgh Counseling Center** (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. 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

**UPMC Western Psychiatric**  
(412) 624-1000  
3811 O'Hara Street

**Mercy Behavioral Health**  
(412) 323-8026  
1200 Reedsdale Street

**Milestone Center (Allegheny East)**  
(412) 243-3400  
600 Ross Ave

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\*\* Have early morning, nights, or weekend appointments available

Allegheny Bldg, Ste 712  
429 Forbes Avenue  
Pittsburgh, PA 15219  
<http://amha4u.com/>

Pittsburgh, PA 15213  
<http://wpic.upmc.com>

Pittsburgh, PA 15212  
<http://www.mercybehavioral.org/>

Wilkinsburg, PA 15221  
<http://milestonecentersinc.org/>

*Additional therapist can be found in the Highmark Provider Directory at:  
<https://providir.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.com/>

**Paul Needle M.Ed.**  
*Squirrel Hill*  
(412) 656-7215  
1900 Murray Ave Ste 205  
Pittsburgh, PA 15217

**Darrell Phillips, LCSW, MBA \*\***  
*Oakland & Squirrel Hill*  
(412) 327-2189  
<http://www.phillips-counseling.com/>

### **Group Practices (therapy)**

**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/>

**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**

**Dr. Bruce Wright**  
(412) 347-0170 ex 44

**Dr. Daniel Shrager**  
(412) 421-5000

**Dr. Ronald Glick**  
(412) 623-3023

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110 Fort Couch Road  
Pittsburgh, PA 15241

6315 Forbes Avenue  
Pittsburgh, PA 15217

Center for Integrative  
Medicine  
Suite 310 Shadyside Place  
580 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*

1-877-637-2924  
264 South 9th Street  
Pittsburgh, PA 15203

[pittsburghmercy.org](http://pittsburghmercy.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.org>

### **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. 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

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**Metro Community Health Practice**

(412) 247-2310  
1789 S Braddock Ave #410  
Pittsburgh, PA 15218  
<http://www.mchcpg.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**

**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>

**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) 224-4700  
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 19<sup>th</sup> Street  
Pittsburgh, PA 15203  
<http://paar.net>

**Gamblers**

**Anonymous (GA)**  
Pittsburgh Hotline:  
(412) 281-7484  
Find a meeting:  
<http://www.gambleranonymous.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>

**Center for Overcoming Problem Eating**

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

**The Emily Program**  
*National Eating Disorders treatment agency*

**SHARE (Sexual Harassment and Assault Response Education)**  
*Support through Pitt for*

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**(COPE)**  
*Eating Disorders  
Clinic at WPIC*  
(412) 647-9329  
3811 O'Hara St.  
Eighth floor  
Pittsburgh, PA 15213

(412) 441-9786  
5301 Butler Street  
Suite 100  
Pittsburgh, PA 15201  
<https://persadcenter.org/>

1-888-364-5977  
2009 MacKenzie  
Way, Suite 100  
Cranberry Township,  
PA 16066  
<http://emilyprogram.com/>

*sexual assault or  
harassment,  
relationship violence,  
and stalking.*  
<http://www.share.pitt.edu>  
[u/](#)

## 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.wcpittsburgh.org/>

**Standing Firm  
Southwest PA**  
<http://www.standingfirm.org/resources-victims>

**FAQ sheet on  
Intimate Partner  
Violence**  
[http://www.ncdsv.org/images/DV\\_FAQs.pdf](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) 648-3054  
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](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](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/redirect.asp?URL=http://www.healthyminds.org/letstalkfacts.cfm>

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

<https://www.drugabuse.gov/>

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

3. **Ivan Goldberg's Mental Health Central**

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

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

4. **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)

5. **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.

6. **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

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

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