

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)
- 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 Adebisi (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.

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**Have early morning, nights, or weekend apts. available

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

Private Therapists

Sandy Miller, PhD <i>Squirrel Hill</i> (412) 521-5419 6301 Forbes Ave Suite 210 Pittsburgh, PA 15217	Carl Bonner, PhD <i>Squirrel Hill</i> (412) 422-9160 ext. 2 5869 Forbes Ave. Pittsburgh, PA 15217 http://www.drbonneronline.com/	Paul Needle M.Ed. <i>Squirrel Hill</i> (412) 656-7215 1900 Murray Ave Ste 205 Pittsburgh, PA 15217	Darrell Phillips, LCSW, MBA <i>**Oakland & Squirrel Hill</i> (412) 327-2189 http://www.phillips-counseling.com/
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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) <i>fee negotiable</i> (412) 661-4224 401 Shady Ave Suite B101 Pittsburgh, PA 15206 http://www.pghpsa.org/
Duquesne University Psychology Clinic <i>fee negotiable</i> (412) 396-6562 908 Rockwell Hall 600 Forbes Ave Pittsburgh, PA 15282	Pittsburgh Pastoral Institute <i>fee negotiable, Interfaith counseling and psychotherapy center</i> (412) 661-1239 6324 Marchand St Pittsburgh, PA 15206	

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Private Psychiatrists

Dr. Bruce Wright
(412) 347-0170 ex 44
110 Fort Couch Road
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

**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
“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)

Dr. Sandra Sauereisen
(412) 622-7343
Lawrenceville Family
Health Center

Dr. Jodi Strauss
(412) 422-5970
6301 Forbes Avenue, Suite
301

Dr. Ann McGaffey
(412) 361-7562
Bloomfield-Garfield
Family Health Center

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(412) 692-4888
UPMC Montefiore, 9 South
3459 5th Ave
Pittsburgh, PA 15213

3937 Butler Street
Pittsburgh, PA 15201

Pittsburgh, PA

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

**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/service>

**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:

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>

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[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

Persad Center
LGBT Mental Health Issues
(412) 441-9786
5301 Butler Street
Suite 100
Pittsburgh, PA 15201
<https://persadcenter.org/>

www.gamblersanonymous.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

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) 648-3054
3719 Terrace Street

Trees Hall (Pitt Associated)
(412) 648-8320
Allequippa Street
Pittsburgh, PA 15261

Bellefield Hall (Pitt Associated)
IM Office: 412-648-8210
S. Bellefield Ave.

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Pittsburgh, PA 15261
http://www.peterseneventscenter.com/

http://www.studentaffairs.pitt.edu/IR_Trees

Pittsburgh, PA 15213
http://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/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.**

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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.

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