

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 Therapists (free and confidential)

Darrell Phillips, LCSW
5889 Forbes Avenue, Suite 210
(412) 327-2189
phillipscounseling@gmail.com



Throughout my career I have been fortunate to work in business, mental health clinics, non-profits, and educational settings. My experiences have afforded me the opportunity to develop skills focusing on depression, anxiety, social justice, racial equality, and the queer community. Primary treatment modalities are an eclectic mix of Cognitive Behavioral Therapy, and Acceptance Commitment Therapy.

Personally, I'm passionate about learning, Legos, playing tennis, and most importantly, spending quality time with family and friends, which provides self-care, balance and wellness in my life.

Linda Ewing, PhD, RN
Licensed Psychologist
155 N. Craig Street, Suite 120
(412) 600-9259
ewing.linda@medschool.pitt.edu



I earned my Ph.D. in psychology from the University of Pittsburgh and practiced clinically as a nurse in the neonatal ICU at both Magee and Children's hospitals in Pittsburgh. In addition to my current role in the medical student mental health program, I've had a clinical practice in Oakland for 25 years where I see adults and couples for psychotherapy, utilizing evidence-based interventions including cognitive behavioral, interpersonal, and acceptance and commitment therapy, among others.

In my leisure time, I love walking with friends, enjoying theater and music, visiting museums, travel and new adventures, and most of all, spending time with my husband, her 3 adult children and their families that include my 9 grandchildren.

Veronica I. Jones, Ed.D., LPC, BC-TMH
(412) 383-4640
Vij24@pitt.edu

Let me re-introduce myself as the newest member of the SOM's Mental Health Team. Feel free to visit, sign on, or in some cases vent your frustrations in your difficult, but soon-to-be most rewarding career. I'm here for **you**, I'm prepared to listen, and respect what concerns you. I have 7 granddaughters, and 1 great-granddaughter, which (Yikes!) most likely makes me the oldest (oops) and wisest in the counseling department. Don't laugh, it happens! Finally, my therapy includes having a pet, I own a Yorkie (lap dog) and yes, he's on my lap. Secret's out, those zoom sessions include Blaze!

Official Medical School Psychiatrists (free and confidential)

Robin Valpey, MD
Director of Student Mental Health Services, UPSOM
(412) 623-5888
valpeyre@upmc.edu



I graduated from the University of Rochester Medical School, followed by both Adult Psychiatry residency and Consult-Liaison Psychiatry fellowship at UPMC/Western Psychiatric Hospital. Since becoming UPMC faculty, I have worked in psycho-oncology, eating disorders and addiction, as well as with student athletes through Pitt and Duquesne Universities. I now spend most of my time working with cancer patients and their families, as well as with medical students in my new gig with SOM since October 2020.

Outside of work I enjoy biking, boating on the three rivers, and trying new cooking and baking adventures. I also recently became an aunt for the first time!

Updated: March 3, 2025

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

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Charles Hall, MD
CHH229@pitt.edu

Dr. Hall completed his doctorate in medicine with a distinction in research at SUNY Downstate College of Medicine and completed his General Adult as well as Child and Adolescent Psychiatry training at Western Psychiatric Hospital. He has published research on the topics of grief/loss, integrated care and psychopharmacological treatment differences among racial groups. He was inspired to pursue a career in medicine and psychiatry after working as a direct care provider to individuals with psychiatric and developmental disabilities.

Other medical school contacts:

SHARP Student Representatives – feel free to reach out anytime to any SHARP rep!

MS1: Cassidy Latchford and Ryan McConnell

MS2: Arianna Hammond and Chi Ndee

MS3: Fidelia Gaba and Juliet Jarrell

MS4: Jeffrey Chen and Mikhaila Layshock

MSTP/Graduate Students: Danica Lee and Michael Leone

SHARP Faculty Members

- Dr. Jody Glance (glancej@upmc.edu)
- Dr. Amanda Brown (Amanda.Brown@chp.edu)
- Dr. Morgan Faeder (faedersm@upmc.edu)
- Dr. Joshua Shulman (jas135@pitt.edu)

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.

WARMLINE: For non-crisis situations, if you just want to talk to someone, try Peer Support and Advocacy Network “Warmline.” **You can also always contact SHARP Representatives from any class.**

- 1-866-661-WARM (9276)
- Hours: 9:00 am – 1:00 AM daily
- Link: http://www.peer-support.org/?page_id=22

Suicide Prevention Lifeline: Call 988

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Community Mental Health Centers

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

Allegheny Mental Health Associates
(412) 967-5660
Sherwood Towers
230 North Craig Street
Suite C
Pittsburgh, PA 15213
<http://amha4u.com/>

UPMC Western Psychiatric
(412) 624-1000
3811 O'Hara Street
Pittsburgh, PA 15213
<http://wpic.upmc.com>

Mercy Behavioral Health
(877) 637-2924
1200 Reedsdale Street
Pittsburgh, PA 15212
<https://www.pittsburghmercy.org>

Milestone Center (Allegheny East)
(412) 243-3400
600 Ross Ave
Wilkesburg, PA 15221
<http://milestonecentersinc.org/>

Additional therapist can be found in the Highmark Provider Directory at:

<https://www.highmark.com/resources/mental-health-services/mental-health-resources/treatment-search>

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
5873 Forbes Ave.
Pittsburgh, PA 15217
<https://drcharlesbonner.com>

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

Lee Wolfson, PhD
Oakland
(412) 682-6040
4415 5th Ave
Room 128
Pittsburgh, PA 15213

Group Practices (therapy)

LifeStance Health
(412) 621-3777
230 North Craig Street
Suite B
Pittsburgh, PA 15213
<https://lifestance.com/welcome/vista-behavioral-health-associates/>

Cognitive Dynamic Therapy Associates **
(412) 687-8700
155 N. Craig St.
Suite 170
Pittsburgh, PA 15213
<https://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
<https://www.opencounseling.com/united-states/pittsburgh/counseling-agency/duquesne-psychology-clinic>

Pittsburgh Pastoral Institute
fee negotiable, Interfaith counseling and psychotherapy center
(412) 661-1239
Various Locations
<https://pittsburghpastoralinstitute.org/locations>

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Private Psychiatrists

Dr. Bruce Wright
(412) 347-0170 ex 44
110 Fort Couch Road
Suite G200
Pittsburgh, PA 15241

Dr. Greg Thorkelson
(412) 214-0042
5725 Forward Ave
Suite 401
Pittsburgh, PA 15217

Dr. Ronald Glick
(412) 623-3023
Center for Integrative Medicine
580 South Aiken Ave
Suite 310
Pittsburgh, PA 15232

Cibola Psychiatry & Wellness

Accessible, evidence-based psychiatry and psychotherapy; accept UPMC, Highmark/BCBS, and Aetna insurance plans
(412) 212-6637
1655 Shady Ave
Pittsburgh, PA 15217
<https://www.cibolapsych.com/>

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
<https://www.upmc.com/services/behavioral-health/programs/emergency-crisis/resolve-crisis-services>

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 hour national hotline. All calls are routed to local area sites.
1-800-273-8255 or 988
<https://988lifeline.org>

Dialing “911”

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

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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. Michelle L. Thompson
(412) 530-1976
UPP Family Medicine –
Lifestyle Medicine
5608 Wilkins Ave
Suite 1000
Pittsburgh, PA 15217

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
<https://metrocommunityhealthcenter.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
<https://squirrelhillhealthcenter.org>

Drugs and Alcohol

**University of Pittsburgh
Counseling Center**
(412) 648-7930
Nordenberg Hall
119 University Place
Pittsburgh, PA 15260
<https://www.studentaffairs.pitt.edu/counseling/services>

Gateway Rehabilitation
(multiple locations)
(412) 697-0928
Squirrel Hill Professional Suites
5818 Forbes Avenue
Pittsburgh, PA 15217-1602
<https://gatewayrehab.org/>

Alcoholics Anonymous (AA)
(412) 471-7472
1100 Washington Ave
Suite 206
Carnegie, PA 15106
<http://www.pghaa.org>

**Also a good resource for
people being affected by
someone else's alcohol abuse*

**Narcotics Anonymous
(NA)**
For Meeting Times &
Locations:
<https://www.na.org/meetingsearch/>

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

**Center for Psychiatric and
Chemical Dependency
Services (CPCDS) of
UPMC**
412 (246)-5910

Healthy Relationships and Intimate Partner Violence

**National Domestic Violence
Hotline**
1-800-799-SAFE
<http://www.thehotline.org/resources/>

**Women's Center and Shelter
of Greater Pittsburgh**
Call: (412) 687-8005
Text: (412) 744-8445
<https://www.wcpittsburgh.org/>

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

**FAQ sheet on Intimate
Partner Violence**
https://www.forensicnurses.org/wp-content/uploads/2024/05/IPV-Fact-Sheet.Mary2024.Final_.pdf

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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
<https://www.upmc.com/-/media/upmc/Services/palliative-and-supportive-institute/resources/documents/psi-bereavement-services-flier.pdf>

Pittsburgh Action Against Rape (PAAR)

24 hour hotline:
1-866-END-RAPE
(1-866-363-7273)

(412) 431-5665
81 South 19th Street
Pittsburgh, PA 15203
<http://paar.net>

Gamblers Anonymous (GA)

Pittsburgh Hotline:
(412) 281-7484

Find a meeting:
<https://gamblersanonymous.org/usa-meetings/>

Main Website:
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>

UPMC Center for Eating Disorders

(412) 647-9329
3811 O'Hara St.
Eighth floor
Pittsburgh, PA 15213
<https://www.upmc.com/services/behavioral-health/programs/eating-disorders/treatment>

Persad Center

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

The Emily Program

Eating Disorder Treatment Agency
1-888-272-0759
4001 Stonewood Drive
#200
Wexford, PA 15090
<https://emilyprogram.com/locations/pennsylvania/>

SHARE

(Sexual Harassment and Assault Response Education)
Support through Pitt for sexual assault or harassment, relationship violence, and stalking.
<http://www.share.pitt.edu/>

Mindfulness Resources

The Stress Free Zone at Pitt

A space where students can learn and regularly practice evidence-based, mind/body stress reduction skills

William Pitt Union, 3rd Floor

<https://www.studentaffairs.pitt.edu/student-health-services/stress-free-zone>

Classes and Workshops:

<https://www.studentaffairs.pitt.edu/student-health-services/stress-free-zone/classes-and-workshops>

Center for Mindfulness and Consciousness Studies at Pitt

(412) 383-3000

<https://www.mindfulness.pitt.edu>

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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 https://www.education.pitt.edu/admissions/visit/virtual-tour/trees-hall/ Hours: https://www.studentaffairs.pitt.edu/campus-recreation/facilities-hours	Bellefield Hall (Pitt Associated) <i>IM Office:</i> (412) 648-8210 S. Bellefield Ave. Pittsburgh, PA 15213 Hours: https://www.studentaffairs.pitt.edu/campus-recreation/facilities-hours
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Internet Resources

1. **NIMH** (mental health) information <https://www.nimh.nih.gov/index.shtml>
2. **NIDA** (drug and alcohol) information <https://www.drugabuse.gov/>
3. **Ivan Goldberg's Mental Health Central** - Eclectic mix of resources on mood disorders, for both professionals and the public. <http://www.psychom.net/>
4. **National Alliance on Mental Illness (NAMI)** - Lots of information about mental illness and links to many resources, also have a help line at 1 (800) 950-NAMI (6264) <https://www.nami.org/>
5. **Directory of LGBTQ-Friendly Medical Care** - <https://www.pflagpgh.org/medical-directory>
6. **Meetup** - online resource and app to connect with others in the area over events involving music, art, food, language learning, etc. <http://www.meetup.com/>
7. **Bereavemed** - Bereavement resource for students created by PittMed alum 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) 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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