

General Resources

Sleep

Find a Sleep Center

Sleepcenters.org is compiled and published by the American Academy of Sleep Medicine (AASM) as a reference source of professional information on AASM accredited center and laboratory members.

<http://www.sleepcenters.org/index.aspx>

UPMC Sleep Medicine Center

For more than 20 years, UPMC's Sleep Medicine Center has been dedicated to helping diagnose and treat sleep disturbances and disorders

UPMC Sleep Medicine Center

3601 Fifth Avenue
4th Floor,
Falk Medical Building
Pittsburgh, PA 15213

UPMC Sleep Medicine Center at Monroeville

400 Oxford Drive
Pittsburgh, PA 15146

<http://www.upmc.com/Services/sleep-medicine-center/Pages/default.aspx>

University of Pittsburgh – Sleep Medicine Institute

The University of Pittsburgh Sleep Medicine Institute is the first center of excellence established by the University's NIH-funded Clinical and Translational Science Institute (CTSI). The Sleep Medicine Institute leverages the extraordinary talent, infrastructure and resources of the CTSI and its partners to offer unique multidisciplinary training opportunities for young researchers, to support collaborative research initiatives across the lifespan with investigators from a wide range of disciplines, and to translate promising new treatments into practice.

Sleep Medicine at Pitt:

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

3811 O'Hara Street;
Pittsburgh, PA 15213
(412) 246-6413

Cognitive behavioral treatment for
insomnia (CBTI) and medication-based
therapies

Sleep Medicine at Montefiore:

[http://www.sleepcenters.org/CentersInfo.aspx?
Center_ID=174280](http://www.sleepcenters.org/CentersInfo.aspx?Center_ID=174280)

3459 Fifth Avenue
Suite S 639.11, Montefiore
Pittsburgh, PA 15213
(412) 692-2880
(412) 692-2888

University of Pittsburgh – Sleep Research Studies

The OCR's mission is to facilitate the process of clinical research, to promote its value, and to foster communication among the various entities engaged in its conduct. The Office of Clinical Research promotes clinical research at the University of Pittsburgh and its affiliated institutions by providing research-related resources for volunteers, sponsors, investigators and research staff.

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

To learn more about sleep research studies through the Sleep Medicine Institute, please visit:

<http://www.sleep.pitt.edu/content.asp?id=1474>

Substance Abuse

The programs below are local resources that specialize in alcohol and drug abuse and dependence.

White Deer Run Pittsburgh —

2100 Wharton St # 120, Pittsburgh, PA 15203-1942
(412) 431-3363

whitedeerrun.com

White Deer Run/Cove Forge also offers the following specialty services:

Relapse Prevention Group, African-American Program, Methadone to Abstinence Program, DUI Program, Women's Group, Family Program, Criminal Justice Program, Residential Dual Diagnosis Program (MISA), Secure Sex Offender Program

Solutions 4 Recovery

320 East North Avenue, Pittsburgh, PA 15212-4756

(877) 312-7028

solutions4recovery.com

Solutions 4 Recovery individualized treatment that leads to long lasting recovery includes: Alcoholism, Prescription Drug Addiction, Club Drug Addiction, Heroin Addiction, and Cocaine Addiction

Onala Club

1625 West Carson Street, Pittsburgh, PA 15219-1039

(412) 566-9220

onala.org

Members and patrons work together during that most critical phase of recovery; life after hospitalization for detoxification and/or treatment at a Rehabilitation Center.

Alpha House Inc ____

435 Shady Avenue, Pittsburgh, PA 15206-4492

(412) 363-4220

alphahouseinc.org

Our primary service is our therapeutic residential community. Residents can learn good work habits, attain their high school diplomas, deal with family issues, learn about HIV/AIDS, and get referrals for health services for themselves and their children.

In addition, we have an outpatient program for clients who require less intensive intervention. The outpatient program includes individual, group and family counseling.

AAA-1 Abuse & Addiction Helpline

1739 East Carson Street, Pittsburgh, PA 15203

(412) 267-7984

aaa-alcoholdrugrehab.com

AAA-1 Abuse and Addiction Helpline specializes in:

Alcohol and Drug Detox, Alcohol and Drug Rehabilitation, Dual Diagnosis, and Pain Management

Mental Health Resources

Allegheny Mental Health Associates

We are a group of like-minded mental health professionals with a common commitment to high quality, brief, and effective treatments for mental health problems. We share an emphasis on action-oriented treatments and favor methods which have been proven effective in clinical research.

Our main number for Intake, clinical staff and emergencies is 412-967-5660

Fox Chapel

1326 Freeport Road, Suite 250
Pittsburgh, PA 15238

Oakland

Sherwood Towers
230 North Craig Street
Pittsburgh, PA 15213

Downtown

Allegheny Building, Suite 712
429 Forbes Avenue
Pittsburgh, PA 15219

North Hills

North Point Office Park, Suite 203
9800A McKnight Road
Pittsburgh, PA 15237

Monroeville

Commerce Building, Suite 304
4232 Northern Pike
Monroeville, PA 15146

Beaver County/Center Township

Beaver Valley Professional Building., Suite 204
3582 Brodhead Road
Monaca, PA 15061

Vista Behavioral Health Associates

Pittsburgh area's largest multispecialty behavioral health practice is comprised of a diverse staff of psychiatrists, psychologists, social workers and counselors. We specialize in providing a total integration of care, with multiple specialties conveniently located in most of our offices.

(412) 641-7016

Oakland

230 North Craig Street
Suite B
Pittsburgh, PA 15213

Wexford

11676 Perry Highway
Bldg. #2, Suite 2100
Wexford, PA 15090

Pleasant Hills

Arbor Professional Center
275 Curry Hollow Road
Suite 205
Pittsburgh, PA 15236

Moon Township

1000 Commerce Drive
Suite 1008
Moon Township, PA 15108

South Hills

1370 Washington Pike
Suite 303
Bridgeville, PA 15017

Pittsburgh Pastoral Institute

Pittsburgh Pastoral Institute (PPI) exists to enhance the health of individuals, families, and communities through an interfaith ministry of counseling and education that integrates the resources of faith and the behavioral sciences. PPI builds on the strengths and resilience of individuals, families, and communities to improve the health, wellness, and quality of life of all those whom it serves.

6324 Marchand Street
Pittsburgh, PA 15206
Phone: 412-661-1239
Toll Free 1-877-661-9623

Intercare Psychiatric Services

Intercare Psychiatric Services focuses on the evaluation, prevention, diagnosis, and treatment of mental health issues. Psychologists at Intercare use psychotherapy and other counseling skills to improve emotional and mental health.

180 Fort Couch Road
Pittsburgh, PA 15241
(412) 831-0355

North Hills Psychological Associates

We have 20 clinicians including Licensed Psychologists, Licensed Clinical Social Workers, Licensed Professional Counselors a Certified Rational Hypnotherapist, a Collaborative Divorce Coach and a Parenting Coach. We offer comprehensive outpatient mental health services including assessment and psychotherapy for children, adolescents, adults, couples, and families.

Office Hours are Monday through Sunday, day & evening by appointment. Our Mission is to provide the highest quality of care for you and your family.

To schedule a first appointment, please call our main Intake office at 724-759-7500 ext. 4

Wexford Office
10475 Perry Highway
Town Centre, Suite 300
Wexford, PA 15090
(724) 759-7500

Squirrel Hill Office
6315 Forbes Avenue
Maxon Towers, Suite B13
Squirrel Hill, PA 15217
(412) 421-6905

Coraopolis Office
615 Fifth Avenue
Thorton Place, Suite 300
Coraopolis, PA 15108
(412) 264-2953

Cranberry Psychological Center

Cranberry Psychological Center is aimed at helping our clients to resolve personal difficulties and gain knowledge, skills, and attitudes which enable them to take full advantage of their lives.

100 Northpointe Circle
Suite 306
Seven Fields, PA 16046
(724) 772-4848
info@cranberrypsychcenter.com

Mental Health America Allegheny County

100 Sheridan Square, 2nd Floor
Pittsburgh, PA 15206
Phone: 412-661-7860
Fax: 412-661-7865
Toll-Free: 1-877-391-3820
MHAD Hotline: 1-877-868-2159

Mental Health America Allegheny County provides programs and services that support the health of mind and body and work to eliminate the stigma of mental illness and addiction for all.

Mercy Behavioral Health

Our recovery-oriented, community-based programs and services help people improve their lives while our prevention programs empower people to make wise choices.

South Side Campus	Walk-In Crisis Hours
264 South 9th Street	24 hours a day, seven days a week
Pittsburgh, PA 15203	

Crisis Center
1.877.637.2924
24 hours a day, 7 days a week, 365 days a year

Mental Health - Colleges and Universities

The resources below are counseling and psychological services available at the following Pittsburgh-area University. These services are confidential and free to students. Also, these local Universities offer career counseling, health services, and many other services to aid you on your academic journey and beyond.

Carlow University

The Carlow Counseling Center is staffed by psychologists, licensed professional counselors, and psychology doctoral students, who abide by Pennsylvania state laws which provide for privileged communication.



Frances Warde Hall - Rooms 409, 410
Phone: 412-578-6306 or 412-578-8731
<http://counseling.carlow.edu/>

Carnegie Mellon University

Counseling and Psychological Services (CAPS) offers students the opportunity to talk privately about personal, academic, or other concerns in a safe, confidential setting. After an initial consultation with a CAPS therapist, students are referred to available mental health resources at Carnegie Mellon or in the larger Pittsburgh community.

CAPS is located on the 2nd floor of [Morewood Gardens, E-Tower](#). Enter through the red entranceway at the back of E-Tower. Take the elevator to the 2nd floor.

Monday through Friday
8:30 a.m. to 5:00 p.m.

For an appointment, call 412-268-2922 during regular office hours. 


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

Chatham University

Counseling Services is committed to aid your personal growth and development in order to help you gain the maximum benefit from your educational experience. We provide a safe, confidential, non-judgmental space to work through issues that many students face. Free evaluations and external referrals are offered to part-time regular undergraduate and graduate students. Our goal is always to help and to guide you towards clarity, authentic happiness and maximum success in your educational journey.

To schedule an appointment please call (412) 365-1282.

Fall and spring term office hours are 9:00 a.m. to 5:00 p.m., Monday through Friday.

<http://www.chatham.edu/campuslife/osa/counseling/>

Community College of Allegheny College

The ultimate goal of personal counseling is to help students grow in self-understanding in order to better deal with their immediate situations and attain their future goals. CCAC's counseling staff provides opportunities for confidential sharing and discussion in an atmosphere of openness and acceptance.

The Counseling Center has trained professional counselors ready and willing to help.

Allegheny Campus	412.237.2565
Boyce Campus	724.325.6657
North Campus	412.369.3614
South Campus	412.469.6216

<http://www.ccac.edu/default.aspx?id=137924>

Duquesne University

Short-term or long-term depending on your needs.

- Personal Counseling
- Group Counseling
- Consultations
- Workshops
- Testing Services
- Biofeedback

Monday through Friday

8:30 a.m. to 4:30 p.m.

412.396.6204

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

Point Park University

Every part of our lives plays a role in our well-being: Personal growth, relationships, grief and loss and much more. Getting help for your emotional well-being can vary from using a single counseling session or a series, to starting an exercise program, to reading a brief article and applying the advice you find here.

Mental Health Counselor

713 Student Center

Phone: 412-392-3959

Fax: 412-392-3855

Email: pschwartz@pointpark.edu

<http://www.pointpark.edu/StudentLife/HealthandStudentServices/MentalHealthCounseling>

Point Park's Alcohol and Other Drug Educator can be found in the Office of Judicial Affairs on the 7th floor of Lawrence Hall. If you have any questions you may call 412-392-8032 or email kpieratt@pointpark.edu.

University of Pittsburgh

The University Counseling Center (UCC) is the primary mental health service for undergraduate and graduate students enrolled at the University of Pittsburgh. The UCC offers a variety of mental health services to students utilizing a short-term, time limited approach, including assessment, counseling and psychotherapy services (individual, group, and couples), and psychiatric services.

In addition, the UCC provides crisis intervention, consultation, referral, and outreach services to students, as well as faculty and staff of the University of Pittsburgh. Specialized counseling, consultation, and outreach services are offered through the UCC's Sexual Assault Services and Substance Abuse Services programs. UCC services are provided by a multidisciplinary staff of mental health professionals that includes psychologists, social workers, psychiatrists, and advanced graduate trainees in various mental health disciplines. The UCC, as part of the University of Pittsburgh community, is committed promoting the health, as well as the personal, academic, and career development of all University students.

Third floor (Suite 334) of the William Pitt Union.
334 William Pitt Union
3959 Fifth Avenue
Pittsburgh, PA 15260

Monday – Friday
8:30 AM–5:00 PM
Monday & Wednesday
5:00 PM – 9:00 PM



412-648-7930

<http://www.studentaffairs.pitt.edu/cchome>

Robert Morris University

The Center for Student Success offers professional counseling services on academic, personal, financial, and career issues. . The Personal/Crisis Counselor will meet with each student individually and recommend a personalized plan of action. Students who do not need intensive counseling will be given other tools to help them cope with the situation that is affecting them.

To schedule an appointment, please call 412-397-4349.

<http://www.rmu.edu/web/cms/student-life/css/counseling-services/Pages/default.aspx>

Hotlines and Resources

Drugs and Alcohol

Alcoholics Anonymous (AA)

(212)870-3400

www.aa.org

Al-Anon Family Group Headquarters, Inc.

1-888-425-2666

www.Al-Anon-Alateen.org

Strength and hope for friends and families of problem drinkers

National Drug Information Treatment & Referral Hotline

1-800-662-HELP (4357)

National Association for Children of Alcoholics

1-888-554-2627

www.health.org/nacoa

Face Project Organization

www.faceproject.org

Our mission is to raise public awareness about the impact of alcohol misuse and abuse and to provide realistic solutions that promote positive change

Domestic Violence

National Domestic Violence Hotline	Women's Center & Shelter of Greater Pittsburgh
1-800-799-SAFE (7233)	(412) 687-8005
www.ndvh.org	www.wcspittsburgh.org

Eating Disorders

Overeaters Anonymous, Inc.

(412) 765-3004

www.aa.org

Compulsive Eaters Anonymous (CEA)

(724) 942-5132

www.ceahow.org

Eating Disorders Awareness and Prevention

1-800-931-2237

www.nationaleatingdisorders.org

Grief

The Compassionate Friends, Inc.

1-877-969-0010

www.thecompassionatefriends.org

The Good Grief Center

1-888-GRIEF88 or (412) 461-1776

www.goodgriefcenter.com

Rape

Nationwide RAINN

1-800-656-4673

www.rainn.org

The nation's largest anti-sexual violence organization.

Pittsburgh Action Against Rape (PAAR)

www.paar.net

PAAR's Mission is to:

- Respond to survivors of sexual violence with crisis intervention and counseling
- Educate the community to prevent sexual violence
- Advocate for systems to respond to and prevent sexual violence

National Rape Crisis Hotline

1-866-END-RAPE (363-7273)

Suicide

National Suicide Hotline

1-800-SUICIDE (784-2433)

www.hopeline.com

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.nationalsuicidepreventionlifeline.org

Pregnancy

Bethany Pregnancy Center

694 Lincoln Ave
Pittsburgh, PA 15202
412-734-2662

Catholic Charities

212 9th Ave
Pittsburgh, PA 15222
412-456-696

Lifeline of SW PA

239 4th Ave. Suite 401
Pittsburgh PA 15222
412-761.5505

Birthright - Pittsburgh

201 S. Craig Street
Pittsburgh PA 15213
412-621-1988

Pregnancy Resource Center of the South Hills

101 Drake Rd., Ste. A
Pittsburgh, PA 15241
412.833.7445

Genesis Center

141 N Fremont Ave
Pittsburgh, PA 15202
412.766.4934

Oakland Pregnancy Care Center

160 N. Craig St., Suite 202
Pittsburgh, PA 15213
412.687.7767