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

<table>
<thead>
<tr>
<th>UPMC Sleep Medicine Center</th>
<th>UPMC Sleep Medicine Center at Monroeville</th>
</tr>
</thead>
<tbody>
<tr>
<td>3601 Fifth Avenue</td>
<td>400 Oxford Drive</td>
</tr>
<tr>
<td>4th Floor,</td>
<td>Pittsburgh, PA 15146</td>
</tr>
<tr>
<td>Falk Medical Building</td>
<td></td>
</tr>
<tr>
<td>Pittsburgh, PA 15213</td>
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</tbody>
</table>

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
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
264 South 9th Street
Pittsburgh, PA 15203

Walk-In Crisis Hours
24 hours a day, seven days a week

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. Monday – Friday
334 William Pitt Union 8:30 AM–5:00 PM
3959 Fifth Avenue Monday & Wednesday
Pittsburgh, PA 15260 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

<table>
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<tr>
<th>National Domestic Violence Hotline</th>
<th>Women’s Center &amp; Shelter of Greater Pittsburgh</th>
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<tbody>
<tr>
<td>1-800-799-SAFE (7233)</td>
<td>(412) 687-8005</td>
</tr>
<tr>
<td><a href="http://www.ndvh.org">www.ndvh.org</a></td>
<td><a href="http://www.wcspittsburgh.org">www.wcspittsburgh.org</a></td>
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Eating Disorders

Overeaters Anonymous, Inc.
(412) 765-3004
www.oa.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

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bethany Pregnancy Center</strong></td>
<td>694 Lincoln Ave</td>
<td>Pittsburgh, PA 15202</td>
<td>412-734-2662</td>
</tr>
<tr>
<td><strong>Pregnancy Resource Center of the South Hills</strong></td>
<td>101 Drake Rd., Ste. A</td>
<td>Pittsburgh, PA 15241</td>
<td>412.833.7445</td>
</tr>
<tr>
<td><strong>Catholic Charities</strong></td>
<td>212 9th Ave</td>
<td>Pittsburgh, PA 15222</td>
<td>412-456-696</td>
</tr>
<tr>
<td><strong>Genesis Center</strong></td>
<td>141 N Fremont Ave</td>
<td>Pittsburgh, PA 15202</td>
<td>412.766.4934</td>
</tr>
<tr>
<td><strong>Lifeline of SW PA</strong></td>
<td>239 4th Ave. Suite 401</td>
<td>Pittsburgh PA 15222</td>
<td>412-761.5505</td>
</tr>
<tr>
<td><strong>Oakland Pregnancy Care Center</strong></td>
<td>160 N. Craig St., Suite 202</td>
<td>Pittsburgh, PA 15213</td>
<td>412.687.7767</td>
</tr>
<tr>
<td><strong>Birthright - Pittsburgh</strong></td>
<td>201 S. Craig Street</td>
<td>Pittsburgh PA 15213</td>
<td>412-621-1988</td>
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