Mental Health Resources Available to Pitt Mol Pharm Students

-> University of Pittsburgh Counseling Center
http://www.studentaffairs.pitt.edu/cchome
To make an appointment call: 412-648-7930

The Pitt Counseling Center works by first meeting with a student new to the center for a triage assessment, lasting ~30 mins. The therapist and student will decide on a plan that either involves a) one on one counseling, b) group therapy and/or workshops or c) referral to a therapist or intensive outpatient program in the community. Students receiving referrals will be supported by the counseling center to help them find the right outside resource for them.

The counseling center recommends that if students are struggling with a specific issue, such as anxiety, but do not wish to make a long-term commitment to therapy, to call and ask about available workshops. These workshops change each semester.

-> Find a Doctor, UPMC
http://findadoc.upmc.com/FindADocSearch.aspx

Provides a search engine specific for UPMC doctors where you can choose a specialty such as psychiatry, as well as a location (near your lab or home) where it would be most convenient to see someone. Note that the maximum co-pay for a counseling or psychiatric appointment is $5 under grad student insurance.
Explanation of co-pays and benefits: http://www.hr.pitt.edu/benefits/student-in/graduate-s/medical The link is a simple guide to co-pays and available services. Updated yearly, specific for the graduate student health plan.

The re:solve Crisis Network (1-888-796-8226) can assist with referrals at no additional cost. Additionally, you can call the number on the back of your UPMC Health Plan card (877-461-8610) listed under ‘UPMC Health Plan Behavioral Health Services’ for assistance with finding a Psychologist or Psychiatrist.

-> Allegheny Mental Health Crisis Services
Re:solve Crisis Network: 1-888-796-8226

Re:solve Crisis Network is a 24-hour crisis service that provides crisis intervention by telephone, referrals for emergent and urgent care, and can dispatch mobile crisis intervention teams for on-site emergency psychiatric evaluations anywhere within Allegheny County. Non-urgent questions or concerns are also welcome by the re:solve Crisis Network.

-> The Western Psychiatric Institute and Clinic Diagnostic Evaluation Center (WPIC-DEC)
For immediate assistance call: 1-412-624-2000

WPIC-DEC is a psychiatric hospital emergency department that can provide crisis evaluation and intervention services, as well as facilitate hospitalization if necessary. Evaluation and even hospitalization are covered 100% by graduate student insurance. WPIC is located on the corner of O'Hara and De Soto St, just next to UPMC Presby. The WPIC Clinic Diagnostic Evaluation Center is open 24/7 and accepts walk-ins and over the phone interventions.
The National Graduate Student Crisis Line
For immediate assistance, call: 1-800-GRAD-HLP (800-472-3457)
http://www.gradresources.org/menus/crisis-more.shtml

Counselors that specialize in issues relating to Grad student stresses run this hotline. They are available for crisis situations as well as for discussion of non-crisis situations.

This page is maintained by graduate student Hilary Stevenson, who welcomes suggestions or questions pertaining to the content of this page. Updated Feb 28, 2013