



Mental Health Resources for Child Care Providers in Allegheny County

Mental Health Crisis

National Suicide Prevention

- Hotline: 1-800-273-8255 (for veterans, press 1)
- Website: suicidepreventionlifeline.org

UPMC re:SOLVE Crisis Network

Mobile crisis teams can travel anywhere within Allegheny County to respond to a crisis. They provide face-to-face support and will work to arrange further care and stabilization, if needed.

- Hotline: 1-888-7-YOU-CAN (796-8226)
- Walk-in Center: 333 North Braddock Ave., Pittsburgh, PA 15208

No appointment needed; walk in anytime to talk, get a break from daily stress, or get connected to more long-term care and support.

- Email: resolve@upmc.edu

United Way 211 Helpline

- Hotline (24 hours/7 days per week): Dial 211 for referrals for drug and alcohol support, mental health, and social services.

Peer Support and Advocacy Network

- Allegheny County Warmline: 1-800-661-9276

Provides peer support for individuals over the age of 18 with mental health challenges living in Allegheny County. Phone lines open 365 days a year from 10 a.m. to midnight.

- Warm & Friendly Call Program: 412-894-2364

Residents of Allegheny County with mental health challenges can receive reassurance or reminder calls. Calls may be scheduled Sunday through Thursday between 2 p.m. and 9:30 p.m.

- Website: www.peer-support.org

Mental Health Counseling & Support

Adaptive Behavioral Services

Services for people ages 6 to 65; individual and group therapy; mental health, substance use disorder, and trauma support; youth peer support groups; child, adolescent, and adult support; accepts Medicaid and most major health insurance companies.

- Phone: 412-661-7790
- Website: www.adaptivebehavioralservices.com

Chartiers Center

Physical health and mental health services for all people with behavioral or intellectual/ and developmental disabilities; outpatient mental health services; support for alcohol and drug misuse, behavioral health, and intellectual and developmental disabilities; support for children age 5 and up; accepts Medicaid and most major insurance companies; sliding scale options for the uninsured.

- Phone: 412-221-3302
- Website: chartierscenter.org

Department of Human Resources (DHS)

Office of Behavioral Health: Services and resources for drug and alcohol use disorder, justice, and mental health services; non-emergency medical transportation (MATP); publicly funded healthcare information; support for families with an incarcerated parent.

- Phone: 412-350-4457
- Website: www.alleghenycounty.us/Human-Services/About/Offices/Behavioral-Health.aspx

Mental Health in PA: Offers resources from the Office of Mental Health and Substance Abuse Services (OMHSAS) for mental health and substance use disorder; resources for children, adolescents, adults, and older adults.

- Phone: 855-284-2494; TTY 724-631-5600
- Website: www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx

Duquesne University Psychology Clinic

Individual psychotherapy for adults, adolescents, and children; couples and family therapy; group therapy; psychiatric consultation.

Supervised Doctoral students provide all services.

Intake fees:

- Standard intake: \$30

Psychotherapy session fees for community members:

- \$10 per session for annual incomes between \$0 and \$10,000
- \$20 per session for annual incomes between \$10,000 and \$20,000
- \$30 for incomes between \$20,000 and \$30,000
- \$40 for incomes of \$30,000 and above.

Fees can be altered during financial hardship.

- Phone: 412-396-6562
- Website: www.duq.edu/about/centers-and-institutes/psychology-clinic

Jewish Family and Community Services

Offers support to individuals, couples, and families as well as organizations and groups; Special expertise available for children and adolescents; counseling services are covered by many major insurers, HMO's, Medicare and Medical Assistance; sliding scale fees are offered for those without insurance.

- Phone: 412-521-3800
- Address: 5743 Bartlett Street; Pittsburgh, PA 15217
- Email: counseling@jfcspgh.org
- Website: www.jfcspgh.org/services/counseling-services

National Alliance on Mental Illness (NAMI) Keystone Pennsylvania

NAMI Keystone Pennsylvania is a grassroots, nonprofit organization dedicated to improving the lives of children, adolescents, adults, and families affected by mental illness through recovery-focused support, education, and advocacy. Resources about mental illnesses and services are available.

- Phone: 412-366-3788
- Website: namikeystonepa.org

PERSAD Center

Offers support for LGBTQIA+ individuals through counseling, drug and alcohol treatment, HIV/AIDS support, senior programs, transgender services, foster care, and battering intervention; support groups for parents of transgender children; counseling for young children to older adults; peer groups for adolescents; accepts Medicaid and most major insurance companies.

- Phone: 412-441-9786
- Website: www.persadcenter.org

Pittsburgh Mercy

A person-centered, population-based, trauma-informed community health and wellness provider; support for behavioral health, physical health, addiction, intellectual disabilities, intervention services, homelessness, and veterans' services; support for adults and children ages 5 and up; services for children include outpatient therapy, school-based therapy, medicine management, psychiatric evaluations, and a residential treatment facility; accepts most major insurance companies.

- Phone: 1-877-637-2924
- Website: www.pittsburghmercy.org

Psychiatry and Behavioral Health Institute at Jefferson Hospital

Offers counseling; integrative therapies; intensive day programs; inpatient services.

- Phone: 412- DOCTORS; 412-362-8677
- Website: www.ahn.org/locations/hospitals/jefferson/specialties/psychiatry-behavioral-health.html

Psychology Today

- Search for individual therapists in Allegheny County:
www.psychologytoday.com/us/therapists/pa/allegheny-county
- Search for Black and African American Therapists in Allegheny County:
www.psychologytoday.com/us/therapists/african-american/pa/allegheny-county
- Búsqueda terapistas hispanohablantes (Search for Spanish-speaking Therapists)
www.psychologytoday.com/us/therapists/spanish/pa/allegheny-county

Steel Smiling

Steel Smiling aims to bridge the gap between Black people and mental health support through education, advocacy and awareness. Their 10-year vision is to connect every Black person in Allegheny County to a positive mental health experience that improves their quality of life.

- Phone: 412-532-9458
- Website: www.steelsmilingpgh.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA Disaster Behavioral Health Information Series (DBHIS) focuses on disaster behavioral health resources for children and youth, their families, and child-serving professionals. DBHIS offers resources that can be used by parents and other caregivers and school staff to teach children about disasters, how to prepare before they occur, and coping with their disaster reactions.

- Website: www.samhsa.gov/resource-search/dbhis

SAMHSA's National Child Traumatic Stress Initiative (NCTSI) improves treatment and services for children, adolescents, and families who have experienced traumatic events. The mission of NCTSI is to transform mental health care for children, adolescents, and families affected by trauma throughout the country by improving the quality of community-based trauma treatment and services and increasing access to effective trauma-focused interventions.

- Website: www.samhsa.gov/child-trauma/about-nctsi

TCV Community Services

Offers drug and alcohol support; behavioral health services; intellectual and developmental disabilities support; child and adolescent programs, including family-focused mental health treatment

for children, adolescents, and their families; assessment, treatment planning, and family, individual, and group therapy; psychiatric evaluations and medication management.

- Phone: 412-351-0222 (24 hour line)
- Website: <https://tcv.net>

UPMC Western Behavioral at Mon Yough

To foster hope, renewal, healing and wellness for those who face the challenges of mental health, substance use disorders, and developmental disabilities. Support for addiction treatment and intervention, mental health treatment, children's services, intellectual and developmental disabilities, employment services, and recovery services.

- Phone: 412-647-8762; 800-533-8762
- Website: www.mycs.org

UPMC Western Psychiatric Hospital and Behavioral Health Services

Offers assessment and diagnosis; mental health treatment; inpatient care; support for addiction, ADHD, Autism spectrum disorders and intellectual developmental disabilities, mood and anxiety disorders, psychosis, eating disorders, and obsessive-compulsive disorder (OCD); telepsychiatry available; child, youth, and adult support.

- Phone: 412-624-1000; 877-624-4100
- Website: www.upmc.com/locations/hospitals/western-psychiatric

Wesley Family Services

Offers support for aging, autism, behavioral health, intellectual & developmental disabilities, foster care and adoption, education, community empowerment, justice and child welfare; services and support for children age 3 and up, and adults of all ages; Medicaid and most major insurance companies are accepted depending upon the program requested.

- Phone: 412-342-2270 or 888-222-4200
- Website: wfspa.org

Mindfulness and Meditation

Awaken Pittsburgh

Essential Mindfulness training for educators, youth, therapists, employers and those in helping or high-stress professions.

- Website: awakenpittsburgh.org/mindful-connections/mindful-connections-for-educators

Mindfulness Based Stress Reduction Courses (UPMC Integrative Medicine)

MBSR is an eight-week, evidence-based, highly experiential course that is currently offered at more than 250 hospitals, universities, and clinical settings in the United States and around the world. MBSR's primary aim is to help participants develop skills that can be flexibly applied in everyday life to stress, pain, and illness. Through experiential learning and discussion during class, as well as through

daily mindfulness practice at home, participants learn and refine a range of self-regulatory skills that involve finely tuned attention to thoughts, emotions, and physical sensations.

- Phone: 412-623-3023
- Website: www.upmc.com/services/integrative-medicine/classes/meditation

The Penn Program for Mindfulness

The Penn Program for Mindfulness provides powerful tools for coping and personal growth, while combining modern cognitive science with ancient mindfulness techniques. Participants learn to reconnect with the source of meaning in their lives, be steady in the most difficult moments and to connect more deeply with what matters most to them. Mindfulness approaches help individuals to let go of unproductive habits and reactivity.

- Website: www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/mindfulness

Additional Resources for Children

The Alliance for Infants and Toddlers

Early Intervention provider in Allegheny County for children ages zero to three.

- Phone: 412-885-6000
- Website: www.afit.org

Allegheny Intermediate Unit DART

AIU offers DART Preschool Early Intervention for children in Allegheny County, ages three to five, who are experiencing developmental delays or disabilities at no cost to parents.

- Phone: 412-394-5700
- Website: aiu3.net

Children's Hospital of Pittsburgh (UPMC)

Offers cognitive-behavioral, individual, and family-focused therapies; support for children with anxiety, chronic illness, defiance and acting out behaviors; loss and grief; depression; mood disorders; attention deficit hyperactivity disorder (ADHD); Obsessive-Compulsive Behaviors.

- Phone: 412-692-5325
- Website: Behavioral Health www.chp.edu/our-services/behavioral-health ; Child and Family Counseling Center: www.chp.edu/our-services/behavioral-health/counseling

The Children's Institute of Pittsburgh

The Children's Institute of Pittsburgh offers behavioral health services for children and adolescents ages 5 to 21. Their licensed therapists and Certified Nurse Practitioner work closely with each client

and their family to develop skills to manage mood, thinking, and behaviors – making the move towards resiliency and healing.

- Phone: 412-420-2400
- Website: www.amazingkids.org

Highmark Caring Place

Offers support for grieving children of all ages, from infants to teens; peer support groups, referral services, educational programs, adult telephone support and resources, consultation services for schools and other professionals.

- Phone: 888-224-4673
- Website: www.highmarkcaringplace.com/cp2/index.shtml

Infant Early Childhood Mental Health (IECMH) Consultation Program

Free resource offered through the Office of Child Development and Early Learning (OCDEL) that supports children’s social–emotional development from birth through age five within early learning programs participating in Keystone STARS. IECMH Consultants specialize in early childhood development and mental health and well-being. They work with parents and caregivers in the early care and education setting to provide onsite or virtual classroom observations; screening/assessment strategies for children and classrooms; implement a process to identify strengths and opportunities for growth; facilitate the creation of an action plan to support children and classroom staff; and provide referrals for additional supports if needed.

- Website: pakeys.org/iecmh

Mathilda H. Theiss Child Development Center

Early Childhood Mental Health Services at UPMC Western Psychiatric Hospital; comprehensive, coordinated program of services within age-appropriate, naturalistic environments.

- Phone: 412-383-1575
- Website: www.upmc.com/services/behavioral-health/child-development

National Child Traumatic Stress Network (NCTSN)

The National Child Traumatic Stress Network was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Services include trauma-informed clinical interventions; Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR); screening and assessment; Attachment and Biobehavioral Catch-up (ABC).

- Website: www.nctsn.org

Peal Center

Education and empowerment for families to ensure that children, youth and young adults with disabilities and special health care needs lead rich, active lives as full members of their schools and communities; disability information and referral in Pennsylvania for parents, self-advocates, and professionals.

- Phone: 412-281-4404
- Website: www.pealcenter.org

The Watson Institute

Special education school program for children 5 to 21 with severe emotional and behavioral challenges; partial hospitalization program; outpatient behavioral health services, including psychiatric evaluations, individual therapy, medication management, Intensive Behavioral Health Services (IBHS), and social skills group therapy.

- Phone: 412-741-1800
- Website: www.thewatsoninstitute.org/locations/friendship-pa

Health Insurance/Low-Cost Health Care

- [Be Well](#) (free and low-cost health care options for the uninsured/underinsured)
- [Children's Health Insurance Plan \(CHIP\)](#)* (for children and teens)
- [Medical Assistance](#)*
- [Marketplace Health Insurance Options](#)

* Apply for assistance programs on the [PA COMPASS website](#).