

**ABCD Study – University of Pittsburgh: Youth Resources**

**Thank you for your participation in the ABCD Study! Here is some information that we give to everyone in our research studies. If you or someone you know is having a problem with alcohol, drugs, or emotional concerns, help is available!**

# Everyone needs a little help sometimes.

The Knowledge Network

## Suicide:

CALL: 1-800-273-8255  
OR  
TEXT: HELLO TO 741741

## Bullying:

1-800-420-1479  
OR  
TEXT: HOME TO 741741

Domestic Violence:  
CALL: 1-800-799-7233  
OR  
TEXT: SUPPORT TO 741741

## Self Harm:

CALL: 1-800-366-8288  
OR  
TEXT: CONNECT TO 741741

## LGBTQ+:

CALL: 1-866-488-7386  
OR  
TEXT: START TO 678678

## Sexual Assault:

CALL: 1-800-656-4673  
OR  
TEXT: HOME TO 741741

Eating Disorders:  
CALL: 1-800-931-2237  
OR  
TEXT: NEDA TO 741741

For more hotlines & resources visit:  
[GRIEFRESOURCENETWORK.COM](http://GRIEFRESOURCENETWORK.COM)

Mental Health:  
CALL: 1-800-950-6264  
OR  
TEXT: NAMI TO 741741

## Grief:

CALL: 1-800-445-4808  
OR  
TEXT: CARE TO 839863

**COVID-19:**

**Facts:** <https://kids.nationalgeographic.com/science/article/facts-about-coronavirus>

**Hot Topics:** [https://www.cbc.ca/kidsnews/site/search\\_results/browse\\_topics/?q=coronavirus&browse=true](https://www.cbc.ca/kidsnews/site/search_results/browse_topics/?q=coronavirus&browse=true)

**EMERGENCY/HELPLINES**

**WPIC-Emergency Room- (412) 624-2000**

**MERCY BEHAVIORAL HEALTH: 1-877-637-2924**

**ANSWERS 24/7.** Crisis Intervention, Crisis Stabilization, Central Recovery Center; Mental Health/Drug & Alcohol). INCLUDES WALK-IN SERVICES AT SOUTH SIDE LOCATION-24/7-264 SOUTH 9<sup>TH</sup> ST.

**RESOLVE Crisis Network: 1-888-7-YOU-CAN (1-888-796-8226).** Round-the-clock telephone crisis intervention and mobile behavioral health crisis intervention services are available for all Allegheny County residents – children, adolescents, adults and older adults. Insurance coverage is NOT required.

**Child Protective Services** 24-hour hotline 800-932-0313

**WOMEN'S CENTER AND SHELTER** 24-hour hotlines  
412-687-8005; 1-877-338-8255

**PITTSBURGH ACTION AGAINST RAPE**

[www.paar.net/](http://www.paar.net/) (866) 363-7273 (1-866-END-RAPE) Crisis intervention, counseling, and advocacy for victims of sexual violence.

**DRUG and ALCOHOL / MENTAL HEALTH SERVICES**

**WESTERN PSYCHIATRIC INSTITUTE AND CLINIC** (412) 624-1000  
Outpatient, intensive outpatient, partial hospitalization

**MERCY BEHAVIORAL HEALTH** (412) 488-4040  
[www.mercybehavioral.org](http://www.mercybehavioral.org) Outpatient, intensive outpatient, partial hospitalization

**GREENBRIAR TREATMENT CENTER**

[www.greenbriar.net](http://www.greenbriar.net) (800)637-4673  
Partial hospitalization, intensive outpatient, residential, detox, halfway houses

**GATEWAY REHABILITATION CENTER**

[www.gatewayrehab.org](http://www.gatewayrehab.org) (800) 472-1177  
Partial hospitalization, outpatient, intensive outpatient, residential

**OUTPATIENT TREATMENT; SOCIAL SERVICES; OTHER**

**UPMC: CENTER FOR PSYCHIATRIC AND CHEMICAL DEPENDENCY (CPCDS) SERVICES**

ADULT Program: 1-877-624-4100 (TOLL FREE)  
ADOLESCENT Program: 412-246-5910

**STAR** (OUTPATIENT-Services to Teens at Risk)- (412) 246-5619

**Allegheny County Mental Health Services** (Non-emergency and behavioral health questions): 412-350-4456

**Allegheny County Mental Health Warmline:** 1-866-661-WARM (9276) 10am – Midnight daily

**Community Care Behavioral Health (HealthChoices):** Members and other Allegheny County residents who are uninsured or under insured: 1-800-553-7499

**MERCY BEHAVIORAL HEALTH** -- (412) 637-2924 [www.mercybehavioral.org](http://www.mercybehavioral.org)

**WESLEY FAMILY SERVICES** [www.wfspa.org](http://www.wfspa.org)

Crisis line: 724-335-9983 or 724-226-0664

**PLANNED PARENTHOOD OF WESTERN PENNSYLVANIA 1-800-230-PLAN (7526)**[www.plannedparenthood.org](http://www.plannedparenthood.org)**CATHOLIC CHARITIES** Main #: 412-456-6999[www.ccpgh.org](http://www.ccpgh.org)**CENTER FOR VICTIMS OF VIOLENCT CRIMES:** 412-392-8582[www.centerforvictims.org/](http://www.centerforvictims.org/)**URSULINE SUPPORT SERVICES (Good Grief Center)** 412-224-4700<http://ursulinesupportservices.org/>**ALLEGHENY COUNTY HEALTH DEPARTMENT** 412-687-ACHD (2243)

3341 Forbes Avenue (Oakland)

**SALVATION ARMY of Western PA** Main #: 412-446-1500**PERSAD CENTER, INC.**[www.persadcenter.org](http://www.persadcenter.org) 1-888-873-7723 Population served: Gay, lesbian, bisexual, transgender persons.**Food Bank (Pittsburgh area)** 412-325-0749[www.pittsburghfoodbank.org](http://www.pittsburghfoodbank.org)**United Way of Southwest PA** In a food emergency? Call 412-261-6010**Community Human Services (CHS):** Homeless assistance; healthcare; youth programs; family assistance in the South Oakland/Pittsburgh area[www.chscorp.org](http://www.chscorp.org)

412.246.1600

**Centers for Disease Control and Prevention (CDC):** For the latest health information, such as information on the COVID-19 Pandemic[www.CDC.gov](http://www.CDC.gov)**Self- Help / Support Groups**ALCOHOLICS ANONYMOUS [www.pghaa.org](http://www.pghaa.org) (412) 471-7472NARCOTICS ANONYMOUS <https://www.na.org/> (888) 251-2426AL-ANON / ALATEEN [www.pa-al-anon.org](http://www.pa-al-anon.org) (888)425-2666

