

# Community Resource Guide



## Town of McCandless

9955 Grubbs Road, Wexford, PA 15090  
Phone: 412-364-0616 Fax: 412-364-5066  
Web: [www.townofmccandless.org](http://www.townofmccandless.org)

## Social Services

<b>Social Worker</b>	<b>Jennifer Frye, MSW</b>
<b>Contact information</b>	Phone: (412) 396 – 7992 ext. 130  Address: 9955 Grubbs Road, Wexford, PA 15090  Email: <a href="mailto:Jfrye@Townofmccandless.org">Jfrye@Townofmccandless.org</a>
<b>Services Provided</b>	<ul style="list-style-type: none"><li>• <b>Counseling and crisis response support for community members referred by police officers.</b></li><li>• <b>Assisting police officers in providing social services as part of community policing.</b></li><li>• <b>Connecting individuals and families with relevant social services, including mental health treatment, substance abuse counseling, housing assistance, and other support programs.</b></li></ul>

## Table of Contents

Children/Youth & Adolescents.....	4
Counseling & Therapy.....	7
Disability Services.....	9
Domestic Violence/Emergency Shelters.....	11
Financial Assistance.....	13
Food Pantries.....	16
Grief & Loss Support.....	18
Health & Medical Services.....	19
Hoarding.....	20
Legal Services.....	22
LGBTQIA+.....	23
Mental Health Services.....	25
Pregnancy.....	27
Senior Services.....	28
Substance Abuse & Addiction.....	30
Suicide.....	34
Transportation.....	35
Veteran Services.....	36
Additional Resources.....	37

## Children/Youth & Adolescents

### **Every Child, INC.**

1425 Forbes Avenue, 3<sup>rd</sup> Floor

Pittsburgh, PA 15219

(412) 665-0600

Serves: Birth, foster, & adoptive families & children with special needs

[www.everychildinc.org](http://www.everychildinc.org)

### **Pressley Ridge**

<https://www.pressleyridge.org/>

5500 Corporate Drive, Suite 400

Pittsburgh, PA 15237

[\(412\) 872-9400](tel:(412)872-9400)

Offers Foster care & Adoption, Outpatient Treatment & Counseling, Community-Based/In-Home Services, Specialized Education, Residential Treatment, Supportive Services for Transition-Age Youth, and Autism Services. Through collaborative and inclusive relationships, Pressley Ridge empowers children and families to transform their lives and develop to their full potential.

### **Watson Institute**

<https://www.thewatsoninstitute.org/>

301 Camp Meeting Road

Sewickley, PA 15143

(412) 741-1800 or 866-893-4751

Comprehensive outpatient mental and behavioral health services for children & adolescents up to age 21.

### **Southwood Psychiatric Inpatient Hospital**

[https://www.southwoodhospital.com/?utm\\_source=GMB&utm\\_medium=organic&utm\\_campaign=listin&utm\\_term=brand](https://www.southwoodhospital.com/?utm_source=GMB&utm_medium=organic&utm_campaign=listin&utm_term=brand)

2575 Boyce Plaza Rd

Pittsburgh, PA 15241

(412) 998-8427

Mental health care for children and adolescents offering both inpatient and family-based services. Treats anxiety, depression, bipolar, behavioral disorders, developmental disorders, child abuse, grief & loss, suicidal ideation, PTSD, and substance abuse.

### **Family Links**

401 N. Highland Ave.

Pittsburgh, PA 15206

1-866-583-6003

<https://www.familylinks.org/>

An Adolescent Semi-Independent Living (ASIL) that is a residential community-based setting for adolescent youth between the ages of 16 and 20 years who are actively involved with the child welfare or juvenile justice system. Services include mental health, substance abuse, case management and service coordination, housing & independent living, and school services.

### **Southwestern Human Services**

<https://shs-pgh.org/>

Lawrenceville Office

5328 Butler Street

Pittsburgh, PA 15201

(412) 781-3390

Provides mental health services to children, adolescents, adults, and families. Outpatient-based psychiatric and psychological services, and community-based services.

**MHY Family Services**

521 Route 228

Mars, PA 16046

(724) 625-3141

DAS Program: A 28-day co-ed diversion residential program for children and adolescents between the ages of 9-17 to reduce acute symptoms, stabilize medication, avert inpatient hospitalization, and divert from long term placement. 24/7 supervision and support. Includes intensive individual, family, and group therapy. \* Needs referral / release form signed by professional services \*

**Family Resources**

1425 Forbes Avenue, Suite 500

Pittsburgh, PA 15219

(412) 363-1702

[www.familyresourcesofpa.org](http://www.familyresourcesofpa.org)

**Three Rivers Youth**

6117 Broad Street

Pittsburgh, PA 15206

(412) 441-5020

Serves: Abused, neglected, runaway & homeless youth between ages 12-21 years, and their families.

[www.threeriversyouth.org](http://www.threeriversyouth.org)

**Wesley Family Services**

412-342-2270

or

888-222-4200

Serves: Children & families. Developmental, educational, seniors, behavioral health, and support services.

<https://wfspa.org/>

**Holy Family Institute**

<https://www.hfi-pgh.org/>

8235 Ohio River Boulevard

Pittsburgh, PA 15202

412-766-4030

Holy Family Institute provides help, healing, and hope to children and families throughout Western Pennsylvania.

**Outreach Teen and Family Services**

<https://outreachteen.org/>

666 Washington Road

Pittsburgh, PA 15228

(412) 561-5405

Serves: Youth ages 12-21 years and their families. Intake, assessment, and referral. Outreach Teen & Family Services is a community resource that offers counseling and educational programs that are easily accessible, professional, non-judgmental, and confidential.

**Glade Run Lutheran Services**

<https://gladerun.org/>

P.O. Box 70, 30 Glade Run Drive

Zelienople, PA 16063

(724) 452-4453

Focuses on education, mental health, and autism (summer-based programs, support classrooms, transitions, independent living experience program) for children, adults, and families. Services include outpatient counseling, blended case management, intensive behavioral health services, family-based services, school based mental health, psychiatric rehabilitation, psychiatric mobile medication, and acute partial hospitalization.

**Auberle**

Auberle is a faith-based non-profit organization that transforms the lives of individuals, families, and communities throughout Southwestern Pennsylvania

<https://www.auberle.org/>

**Youth Ages 18-24 Experiencing a Housing Crisis**

(412) YOUTHZONE

(412) 902-4068

**Harborcreek Youth Services**

<https://www.hys-erie.org/>

5712 Iroquois Ave.

Harborcreek, PA 16421

(814) 899-7664

A residential, trauma-informed behavioral health provider. Harborcreek Youth Services is a trauma-informed behavioral healthcare agency that provides a wide range of residential and in-home services to children and their families from across Pennsylvania.

**HSAO**

<https://www.hsa.org/>

Child & Adolescent Programs

Phone: 412-884-4500

Specialized service coordination for children of all ages who have a mental health diagnosis and live in Allegheny County

**JusticeWorks YouthCare, Inc.**

<https://www.justiceworksyouthcare.com/>

2403 Main Street

Pittsburgh, PA 15235

[allegheny@justiceworksyouthcare.com](mailto:allegheny@justiceworksyouthcare.com)

Phone: (412) 744-4302

JusticeWorks provides innovative programs that identify and build on youths and families' strengths. They create structures to positively redirect their lives. They aim to help youth become good citizens and assist their families to resolve their problems and to be supportive of their children.

**Girls On The Run**

<https://www.girlsontherun.org/>

Phone: 800.901.9965

Girls on the Run inspires girls of all abilities to recognize their individual strengths while building a sense of connection in a team setting. Volunteer coaches facilitate lessons that blend physical activity with life skill development to enable girls to adapt to whatever comes their way. At the end of the season, the team completes a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion.

**Family Resources**

<https://familyresources.org/>

412-363-1702

Email [help@familyresources.org](mailto:help@familyresources.org)

Has several programs and resources for youth and families at risk of child abuse and neglect. They provide services for prevention, intervention, treatment, and counseling.

**Treatment for Trauma in Children and Adolescents**

<https://www.ahn.org/services/psychiatry-mental-health/treatments/trauma-children-adolescents>

(412) 330-4328

## Counseling & Therapy

### **Counseling & Wellness Center of Pittsburgh**

830 Western Ave,  
Pittsburgh, PA 15233

Pittsburgh/Cranberry/Greensburg/Monroeville/South Hills/McCandless & Wexford/Online  
(412) 856-WELL

<https://counselingwellnesspgh.com>

Outpatient counseling treatment services for children, adolescents and their families specializing in Individual Counseling, Marriage Counseling, Premarital Counseling, Family Therapy, Reiki, Herbalism, Nutrition Counseling, Acupuncture, Health Coaching, Mindfulness, Meditation, Art Therapy, Child Therapy, Group Therapy, and a myriad of Wellness Workshops.

McCandless Contact info: 9401 McKnight Rd, Suite 302 Pittsburgh, PA 15237  
Phone: (412) 322-2129

### **Pediatric Counseling Services**

1501 Potomac Ave, Suite 200  
Pittsburgh, PA 15216  
(412) 388-0880

<https://www.pediatriccounseling.com/>

Outpatient counseling treatment services for children, adolescents and their families specializing in ADHD, anxiety & fears, defiant behavior, social skills, adjustment/stress, autism spectrum, depression, adolescent issues, self-esteem, OCD, habit reversal therapy, tic disorders, hair pulling behaviors, developmental/behavioral needs, weight management/healthy lifestyle, & parenting/behavioral management training

### **David Issod, LCSW**

(412) 345-1388  
[dissod@gmail.com](mailto:dissod@gmail.com)

4725 McKnight Road, Suite A118  
Pittsburgh, PA 15237

Outpatient therapy, Anxiety, Depression, Relationship Issues.

### **Evan Dean, LCSW**

(412) 965-6278  
[Evan@betterinstitute.com](mailto:Evan@betterinstitute.com)

Teletherapy Available. In person – South hills & North Hills.  
Substance abuse, anxiety, & depression.

### **Jody Bechtold, LCSW**

(412) 303-0163  
[Jody@betterinstitute.com](mailto:Jody@betterinstitute.com)

Teletherapy Available. In person – South Hills & North Hills.

### **Whitney Thompson, LPC**

712-472-8686  
<http://tcounselingllc.wixsite.com/website>

2009 Mackenzie Way Suite 100  
Cranberry Township, PA 16066

An experienced psychotherapist that provides therapy to individuals, adolescents, and families for issues including relationship struggles, anxiety, depression, parent/child difficulties, co-parenting struggles, attention deficit hyperactivity disorder, autism, and addiction.

**Maya Wellness**

<https://www.mayawellness.org/#aboutus>

Maya Wellness Center provides therapeutic support to the greater Pittsburgh Community. Their practice is diverse and therapy to individuals addressing a wide range of issues including trauma, grief and loss, depression, anxiety, relationships, spirituality, gender identity, and more.

**Heal With Creativity LLC**

Ann Marie Powell MA, ATR-BC, LPC

Licensed professional counselor and board-certified Art Therapist

1844 Babcock Blvd, Pittsburgh, PA 15209

(412) 821-3649

[healwithcreativity@gmail.com](mailto:healwithcreativity@gmail.com)

<http://www.healwithcreativity.com/>

Ann is a licensed and board-certified Art Therapist (ATR-BC) as well as a Licensed Professional spectrum, developmental and learning disabilities, and behavioral issues. She has worked in community, educational, outpatient, and inpatient mental health settings. Her other specialties include Anxiety, Oppositional Behavior, Reactive Attachment, and Trauma in children, adolescents, and adults. Currently offering counseling and Art therapy

**Thrive Counseling Center**

5333 Butler St, Pittsburgh, PA 15201, USA

724-493-7067

<https://www.thrivepgh.com/>

Thrive Counseling Center therapists use eclectic therapeutic techniques - including Acceptance and Commitment Therapy, Cognitive Behavioral, Dialectical Behavioral, EMDR, Gestalt, Mindfulness, and Person-Centered Therapy - to provide individual, couples and relationship counseling.

**Manifest Psychotherapy and Wellness**

1102 S. Braddock Ave Suite #1; Pittsburgh, PA 15218

[info@manifesttw.com](mailto:info@manifesttw.com)

412-407-7642

<https://www.manifesttw.com/>

Has a focus on trauma and general life stress and struggles. Offers EMDR and Psychotherapy as well as Psychoeducation.

**Wesley Family Services**

412-342-2270

or

888-222-4200

<https://wfspa.org/>

Serves: Children & families. Developmental, educational, seniors, behavioral health, and support services.

**Family Links**

401 N. Highland Ave.

Pittsburgh, PA 15206

1-866-583-6003

<https://www.familylinks.org/>

An Adolescent Semi-Independent Living (ASIL) that is a residential community-based setting for adolescent youth between the ages of 16 and 20 years who are actively involved with the child welfare or juvenile justice system. Services include mental health, substance abuse, case management and service coordination, housing & independent living, and school services.

## Disability Services

### **Allegheny County Resources for Persons with a Diagnosis of Intellectual Disability and/or Autism**

<https://www.allegenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx>

For general questions you can call 412-253-1399.

To reach intake staff call 412-253-1250.

The Allegheny County Department of Human Services (DHS) Office of Developmental Supports (ODS) assists Allegheny County residents with an intellectual disability (ID) and/or autism. Information and links to helpful support and services can be shared with all.

#### **Achieva**

711 Bingham Street  
Pittsburgh, PA 15203

1-888-272-7229

<https://www.achieva.info/>

Helping people with disabilities leads lives of personal significance. Helps children, families, adults, employment, housing and more.

#### **Canine Companions**

<https://canine.org/location/north-central/>

(614) 699-5900

Canine Companions is a national organization that enhances the lives of people with disabilities by providing highly trained service dogs at no charge to the recipient.

#### **Goodwill Southwestern Pennsylvania**

<https://www.googdwillswpa.org/life-changing-services/disability-services/>

(412)632-1800

Offer a range of services to support individuals in achieving self-sufficiency, including Adult Disability Services, Youth Disability Services, Supported Employment, Mental Health Services, Assistive Technology for Adults and Youth.

#### **Allegheny Department of Human Services**

<https://www.allegenycounty.us/contact-information/department-of-human-services.aspx>

Phone: 412-350-5701

Can connect you with services available that are a good fit for you and your needs.

#### **Report Abuse of an Adult with a Disability**

<https://www.allegenycounty.us/Human-Services/About/Contact/Abuse-of-Adult-with-a-Disability.aspx>

800-490-8505

Call if you are concerned about the well-being of a person aged 18 to 60 years with a disability. The disability may be physical, intellectual, or related to mental illness. Phone lines answer 24 hours a day, every day.

#### **Intellectual Disabilities**

<https://www.allegenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx>

412-253-1399

The Allegheny County Department of Human Services (DHS) Office of Developmental Supports (ODS) assists Allegheny County residents with an intellectual disability (ID) and/or autism.

**Invision Human Services**

(724) 933-5100

12450 Perry Highway Wexford, PA 15090

<http://www.invisionhs.org/>

Aims to help and support individuals with disabilities through their residential, community, employment, and behavioral health programs.

**Perfect Fit Canines**

1053 Old Gate Rd, Pittsburgh, PA 15235

(412) 359-9789

<https://www.perfectfitcanines.org/wp-content/cache/all/index.html>

Perfect Fit Canines is a full-service organization dedicated to providing freedom to those with disabilities. They specialize in training service dogs to fill functional gaps, provide companionship, and improve the lives of those with disabilities.

**Wesley Family Services**

412-342-2270

or

888-222-4200

Serves: Children & families. Developmental, educational, seniors, behavioral health, and support services.

<https://wfspa.org/>

**Family Links**

401 N. Highland Ave.

Pittsburgh, PA 15206

1-866-583-6003

<https://www.familylinks.org/>

An Adolescent Semi-Independent Living (ASIL) that is a residential community-based setting for adolescent youth between the ages of 16 and 20 years who are actively involved with the child welfare or juvenile justice system. Services include mental health, substance abuse, case management and service coordination, housing & independent living, and school services.

**Easterseals**

Six Parkway Center, Suite 150, 875 Greentree Road, Pittsburgh, PA 15220

412-281-7244

<https://www.easterseals.com/wcpenna/>

Offers services for adults, children, and seniors with disabilities and special needs. Their services include but are not limited to adult day services, private and charter schools, senior services, child and family services, residential housing, medical rehabilitation.

**Caregiver Champion, LLC**

Pittsburgh, PA 15217

412-952-6944

E-mail: [jeff@caregiverchampionadvocate.com](mailto:jeff@caregiverchampionadvocate.com)

Nationally Certified Healthcare Advocate with over 25 years of experience in overseeing and managing people's health care when in the hospital, a facility or at home. The team at Caregiver Champion can help sort out the many complex problems associated with disability and/or aging. The team is dedicated to assuring that the chronically disabled and the elderly will maintain their highest level of independence and be treated with the dignity and respect they deserve. Additionally, you are available to speak to your club or group with programs that include How to Be Your Own Health Care Advocate, The Difference Between Forgetfulness and Dementia, and 25 Documents You Need while you Age and Before You Die. Learn more at <https://www.caregiverchampionadvocate.com/>

## Domestic Violence & Emergency Shelters

### **Alle-Kiski Area HOPE Center**

888-299-4673

<https://www.akhopecenter.org/programs/community-outreach/>

Offers supportive services, opportunities for healing, and community education to assist victims, and end violence and abuse. Helps with safety planning, emergency shelter, and legal advocacy. Also offers educational domestic violence presentations throughout the community to businesses/corporations, business/ trade schools, churches, civic groups, colleges, law enforcement personnel, medical personnel, school district faculty and anyone else who has an interest.

### **Crisis Center North**

1-877-522-6093

Hotline Number

412-364-5556

Text (SMS) Number

1-877-522-6093

Toll Free

1-866-782-0911

<https://www.crisiscenternorth.org/>

Every victim of domestic violence has a unique story and set of circumstances. CCN is committed to supporting and empowering any victim regardless of where they are on their personal journey through our free and confidential services. In addition, training and presentations are available to educate the community to help break the cycle of violence. Will help with advocacy, shelters and rehoming, clothing and food, and general assistance fleeing and getting back on your feet.

### **Center for Victims**

<https://www.centerforvictims.org/>

866-644-2882

Victim services start the moment a crime occurs through the often lengthy and emotional legal process, as well as the physical and emotional healing process for victims. This comprehensive list of services is available to anyone, no matter their age, gender, or socioeconomic status. Offers therapy and counseling, legal support and advocacy, emergency shelter and rapid rehousing, medical advocacy, and accompaniment.

### **Bethlehem Haven (MIRYAM'S)**

Fifth Avenue Commons

905 Watson Street

Pittsburgh, PA 15219

(412) 391-1348

Serves: Adult Women – Emergency services, transitional housing, medical, dental, obstetrics, and mental health services

[www.bethlehemhaven.org](http://www.bethlehemhaven.org)

### **Women's Center and Shelter of Greater Pittsburgh**

Pittsburgh, PA 15224

(412) 687-8017

<https://wcspittsburgh.org/contact-wcs/>

Serves: Victims of domestic violence with or without children. Offers emergency shelter, legal advocacy, and children services.

**PAAR (Pittsburgh Action Against Rape)**

81 South 19th Street

Pittsburgh, PA 15203

Phone: 412-431-5665

<https://paar.net/>

Helps those who have been or are being sexually abused, raped, or trafficked. Gets people to safety, provides support groups and counseling, provides family services, legal help, victim response services and more.

**PCADV: Find Your Local Domestic Violence Programs**

<https://www.pcadv.org/find-help/find-your-local-domestic-violence-program/>

Type in your zip code and find local shelters and programs. Their help centers across the state provide free, confidential counseling, shelter, legal, and economic services for domestic violence victims and their children.

## Financial Assistance

### **Financial assistance and programs for several areas of life**

<https://www.needhelppayingbills.com/index.html>

Has information on: State Financial Resources, Assistance Programs by County, Rent Assistance, Free Food Pantries, Utility Bill Help, Free Stuff, Extra Income & Work From Home Jobs, Public Assistance, Disability Assistance Programs, Section 8 Housing, Senior Assistance, Free Job Training, Free Money, Grants For Bills, Free Clothes & Supplies, LIHEAP Energy Bill Assistance, Charity Assistance, Church Assistance, Community Action Agencies, Medical Bills, Free Healthcare, Free Prescription Drugs, Free Medical Clinics, Free Dental Clinics, Loans For Paying Bills, Car Loan Assistance, Interest Free Loans, Debt Help, Mortgage Help, How to Save Money, Financial Literacy Help

### **St. Vincent DePaul Society**

(412) 321-1071

[www.svdppitt.org](http://www.svdppitt.org)

Financial help for a variety of reasons and needs. May donate clothing and furniture. Has different shop locations with assorted items. Operates five thrift stores, a warehouse, a Recycling, Transportation and Logistics Center, and provides support services to the local conferences.

### **Allegheny County Department Human Services County Office**

<https://www.allegHENYCOUNTY.us/human-services/index.aspx>

1 Smithfield St, Pittsburgh, PA 15222

(412) 350-5701

Provides information on and access to several financial assistance programs. This includes public aid, cash, welfare programs, Medicaid, and social services. They provide help with medical and utility bills, food, childcare, and transportation. They also offer unemployment applications, Medicaid health care, SNAP food stamps.

### **Allegheny Valley Association of Churches (AVAC)**

<http://avaoc.org>

724-226-0606 | avac@avaoc.org

Potential access to gasoline vouchers, grants that can help pay rent, heating, and utility payment assistance. There are also free hot meals as well as emergency free food. The agency may also have clothing and shoe vouchers, referrals to charities, bus passes, prescriptions, and health care. Provides short-term emergency assistance to families and individuals in need in the Allegheny Valley area. We help with rent and utility payment assistance, emergency food, clothing and shoe vouchers, gasoline vouchers, bus passes, prescriptions, and referrals.

### **Catholic Charities/CARELine**

212 9th Street

Pittsburgh, PA 15222

(412) 456-6999

E-mail: [info@ccpgh.org](mailto:info@ccpgh.org)

[www.ccpgh.org](http://www.ccpgh.org)

Financial aid given to individuals in crisis. Helps all regardless of religion. Catholic Charities helps meet basic needs such as essential supplies, rental, and utility assistance for residents in Southwestern Pennsylvania living within 200% of the Federal Poverty Guideline.

### **North Hills Community Outreach**

(412) 487-6316 Press 1 @ prompt)

E-mail: [help@nhco.org](mailto:help@nhco.org)

416 Lincoln Ave, Pittsburgh, PA 15209

[www.nhco.org](http://www.nhco.org)

Emergency food and financial assistance to families in crisis.

Financial assistance with paying bills in Allegheny County

### **Holy Family Institute**

info@hfi-pgh.org

412-766-4030

<https://www.hfi-pgh.org/>

Provides access to a variety of energy assistance programs and SNAP.

## **Utilities**

### **LIHEAP Crisis (Heating Assistance/**

### **Low-Income Home Energy Assistance Program)**

<https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx#:~:text=next%2060%20days>

LIHEAP hotline 1-866-857-7095, Monday through Friday. Individuals with hearing impairments may call 711.

Requires risk of a heating crisis.

### **LIHEAP**

<https://www.acf.hhs.gov/ocs/programs/liheap>

(412) 562-0330

The Low-Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. LIHEAP provides federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs.

### **PA Public Utility Commission - Utility Assistance Programs**

<https://www.puc.pa.gov/about-the-puc/consumer-education/utility-assistance-programs/>

Get universal service filing schedules, plans, evaluations, and other related information. Has programs for electric, gas, water, telecommunications/internet

### **Duquesne Light Company**

1-888-393-7600

<https://www.duquesnelight.com/>

CAP or CARES program.

Temporary or long-term assistance.

### **Customer Assistance Program (CAP)**

This program is set up between the utility company and a low-income, payment troubled consumer to pay utility bills that are based on household size and gross household income. CAP customers agree to make regular monthly payments, which are usually less than the current bill, in exchange for continued utility service. Besides regular monthly payments, customers need to follow certain rules to remain eligible for continued participation. CAP customers can choose a competitive electric supplier, but the discount they receive from CAP may be greater than the discounted rate offered by the supplier.

### **Customer Assistance Referral and Evaluation Program (CARES)**

The Customer Assistance Referral and Evaluation Program (CARES) was designed to help customers with special needs find ways to pay their utility bills. Special needs include family emergencies, divorce, unemployment, or medical emergencies.

## **Housing Support/Assistance**

### **Emergency Shelter Allowance (ESA)**

<https://www.dhs.pa.gov/Services/Assistance/Pages/Emergency-Shelter-Allowance.aspx>

Department of Human Services, Southwestern County Assistance helps anyone at risk of homelessness (eviction, foreclosure, utility disconnections, etc) as well as the currently homeless. Get financial help for rent or mortgages. ESA can also help with housing placement, motel or hotel vouchers, grants, and other support. They may help to Stop eviction from your home/apartment or foreclosure of your house, find a long-term place to live, find a short-term place to stay.

**Allegheny County Housing Authority**

(412) 565-2146

<https://www.achsng.com/>

The ACHA provides safe and decent affordable housing for low-income residents of Allegheny County. They offer two main housing programs: the Housing Choice Voucher Program (HCVP) and Public Housing.

The Housing Choice Voucher Program is a rental assistance program. HCV residents rent directly from private landlords and their rental payments are subsidized through the voucher program. Public Housing are rental properties managed and maintained by the ACHA and management associates. The ACHA is the landlord. The housing inventory includes accessible housing for persons with disabilities.

**ACTION-Housing**

<https://actionhousing.org/>

611 William Penn Place,  
Suite 800

Pittsburgh, PA 15219

Phone: (412) 281-2102

Provides a list with location and pricing of lower cost houses and apartments in and around Pittsburgh and Allegheny County. Non-profit housing agency in Allegheny County. It does not offer monetary rental assistance; however, the agency does have a program called Homeless Families Program. This helps homeless individuals and families identify what their assorted options are, including giving information about local shelters.

**Allegheny County Bureau of Hunger and Housing Services**

(866) 730-2368 or (412) 350-4354

1 Smithfield Street, Pittsburgh, PA 15222

<https://www.allegenycounty.us/human-services/programs-services/basic-needs/housing-and-homeless.aspx>

Runs a homeless assistance program and provides rental assistance for Allegheny County low-income residents. The Allegheny County Department of Human Services (DHS) Office of Community Services (OCS) is committed to reducing housing insecurity in Allegheny County. Through the Allegheny Link, individuals and families who are homeless or at risk of becoming homeless can find specialists to direct them to safe alternatives. The OCS Housing Navigator Unit works with area landlords and service providers to increase the number of affordable units occupied by persons receiving services through DHS and others in need of supported housing.

**CCCS/ Advantage Credit Counseling of Western PA**

<https://www.advantageccs.org/>

888.511.2227

Credit counseling, Bankruptcy counseling, Debt management, pre-housing purchase counseling, and general money and fiscal management help.

**Garfield Jubilee Association**

412.665.5200

<https://www.garfieldjubilee.org/>

Garfield Jubilee Association, Inc. (GJA) is a non-profit, community development corporation formed to develop programs and activities which benefit and stabilize the welfare of low- and moderate-income families and the community.

**Homeowners' Emergency Mortgage Assistance Program (HEMAP)**

<https://www.phfa.org/counseling/hemap.aspx>

HEMAP was designed to protect Pennsylvanians who, through no fault of their own, are financially unable to make their mortgage payments and are in danger of losing their homes to foreclosure. HEMAP is a loan program to prevent foreclosure. It is not a grant. Funds loaned must be repaid. Recipients must be able to show that they have a reasonable prospect of resuming full mortgage payments within the required time.

## Food Pantries

### **Help Initiative Food Assistance**

<https://helppgh.org/food-assistance/>

### **Food Assistance Directory**

#### **Greater Pittsburgh Community Food Bank**

(412) 460-FOOD (3663) ext. 456

<https://pittsburghfoodbank.org/>

### **Kosher Food Needs**

#### **The Squirrel Hill Community Food Pantry**

(412) 421-2708

<https://www.jfcspgh.org/services/squirrel-hill-food-pantry/>

### **SummerFood Program**

<https://www.education.pa.gov/Teachers%20-%20Administrators/Food-Nutrition/programs/Pages/Summer-Food-Service-Program.aspx#:~:text=The%20program%20provides%20free%20meals,fruits%20and%20vegetables%2C%20and%20milk.>

(412) 460-FOOD

1-800-331-0129

Children can get breakfast and lunch during summer.

### **North Hills Community Outreach**

(412) 487-6316

E-mail: [help@nhco.org](mailto:help@nhco.org)

1975 Ferguson Road Allison Park, PA 15101 (North Hills)

416 Lincoln Ave, Pittsburgh, PA 15209 (Millvale Office)

[www.nhco.org](http://www.nhco.org)

### **Women, Infants and Children (WIC)**

#### **PA Department of Human Services**

<https://www.health.pa.gov/topics/programs/WIC/pages/wic.aspx>

(412) 350-5801

### **Christ Lutheran Church**

412-821-4300

<https://www.clcmillvale.com/our-church/>

917 Evergreen Avenue Pittsburgh PA 15209

Has various food and pantry items as well as household and hygiene items.

### **Henry Kaufman Neighborhood House – 2201 Salisbury Street**

Pittsburgh, Pennsylvania 15210

412-431-0557

[https://seniorcenter.us/sc/henry\\_kaufmann\\_neighborhood\\_house\\_senior\\_services\\_pittsburgh\\_pa](https://seniorcenter.us/sc/henry_kaufmann_neighborhood_house_senior_services_pittsburgh_pa)

Runs several low-income assistance programs for the needy and low income in the community.

Seniors enjoy congregate meals, socialization and recreation, volunteer opportunities, transportation assistance, education, counseling, and information and referral.

**Pittsburgh Community Services**

Main Office (N. Oakland)  
249 N. Craig St.  
Pittsburgh, PA 15213, USA  
Southside Office  
50 S. 7th St.  
Pittsburgh, PA 15203, USA  
(412) 904-4700

<https://www.pghcsi.org/>

They help the poor, families in or near poverty, the unemployed and others. They are a source for information on Summer Food Service Program, Food Stamps, Grants for job or educational support, healthy eating classes, and more.

**Jewish Services of Pittsburgh**

<https://www.jfcspgh.org/>

743 Bartlett Street  
Pittsburgh, PA 15217  
Main phone - 412.422.7200

There is assistance for immigrants, Latinos, seniors (including Meals on Wheels) and the Squirrel Hill Food Pantry. There are also Kosher items for those who want them in the Allegheny County region. They offer legal aid to immigrants too, including food assistance, housing, and benefits.

**Jubilee Soup Kitchen and Food Pantry**

<https://www.jubileesoupkitchen.com/>

Location - 310 Brereton Street  
Pittsburgh, PA 15219  
Main phone number - 412-683-0739

Breakfast, lunch, or dinner may be offered. They also serve Thanksgiving and Christmas meals. bread, meat, sandwiches, grab and go for students and other aid is offered.

**Northview Heights Family Support Center**

101 Hazlett Street  
Pittsburgh, PA 15214  
412-323-1020

Various family support services and programs are offered, including food, thrift store, clothing, and counseling.

**St. Vincent DePaul Center**

Main address 1243 North Franklin Street  
Pittsburgh, PA 15233  
412-321-1071 extension 202

Food is available along with emergency financial aid, shelter, and home delivered meals for senior citizens in Allegheny. Volunteers assist the working poor and help children as well.

**Catholic Charities**

Food pantry and assistance programs are at 212 9th St.  
Pittsburgh, Pennsylvania 15222  
Phone - (412) 456-6999

Programs include a free emergency food pantry. They help immigrants, single moms, and the vulnerable. Get items such as Canned Fruits, Meats, or Vegetables. There may be paper products like toilet paper, pasta, bread, dairy goods and much more. More on Allegheny County Catholic Charities.

## Grief & Loss Support

### **Living Through Grief: A Spousal Support Group**

(412) 324-3164

St. Sebastian Parish  
311 Siebert Road  
Pittsburgh, PA 15237

Serves: Support group for widows & widowers over age 50. Meet the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month from 1-2:30pm.

### **West Penn Hospital Grief & Loss Group**

(412) 532-4602

Western Pennsylvania Hospital  
4800 Friendship Ave  
Karen Jones Conference Room, 2nd Floor.

Pittsburgh, PA 15224

Serves: To adults suffering from grief or loss and free of charge. Meet once a month on the second Monday of each month from 7-8:30pm.

### **Good Grief Center of UPMC**

(412) 224-4700

2717 Murray Avenue  
Pittsburgh, PA 15217

Serves: Adults. Can also provide resources for additional services.

### **Catholic Charities, Diocese of Pittsburgh**

(412) 456-6999

Allegheny County Office  
212 Ninth Street, 7<sup>th</sup> Floor.  
Pittsburgh, PA 15222

Serves: Support groups for children and youth in grief. Can also provide resources for adults.

### **Caring Place**

1-888-224-4673

620 Stanwix St.  
Pittsburgh, PA 15222

<http://www.highmarkcaringplace.com>

Serves: Peer support for children, adolescents, and their families who have experienced the death of a loved one.

## Health & Medical Services

### **Healthy Kids Help Line**

1-800-986-KIDS (5437)

Refers callers to programs that offer free or low costs health care services to children based on income.

### **Maternal & Child Health Services**

**Allegheny County Health Department**

(412) 247-7950

Provides comprehensive primary health care services and resources for mothers and children.

### **Brain Injury Association of America**

703-761-0750

1-800-444-6443

[www.biausa.org](http://www.biausa.org)

### **Bethlehem Haven (MIRYAM'S)**

Fifth Avenue Commons

905 Watson Street

Pittsburgh, PA 15219

(412) 391-1348

Serves: Adult Women – Emergency services, transitional housing, medical, dental, obstetrics, and mental health services

Offers mental health and wellness clinics - medical, mental health, podiatry, and dental care for homeless individuals without insurance.

[www.bethlehemhaven.org](http://www.bethlehemhaven.org)

## Hoarding

### **Mercy Behavioral Health**

877-637-2924  
264 South 9<sup>th</sup> Street  
Pittsburgh, PA 15203

Provides individual, family, and group psychotherapy. Supportive counseling, crisis management and medication services, and service coordination.

### **Staunton Clinic**

(412) 749-7341  
Multiple Locations  
Treatment and resource coordination, including mental health care, psychiatric, psychotherapy, and case management.

### **Community Human Services Hoarding Disorder Program**

(412) 246-1640  
2525 Liberty Ave.  
Pittsburgh, PA 15222  
Work one-on-one with individuals with hoarding disorder to help them process their items, including developing the skills needed to maintain their living space.

### **Lisel Virkler, LCSW**

(412) 337-4798  
901 Western Ave.  
Pittsburgh, PA 15233  
Works with adults focusing on OC spectrum disorders, Trichotillomania, Hoarding, Exposure Response Prevention, Sliding Scale, and Family Consultation.

### **Allegheny Link**

866-730-2368  
One Smithfield Street, second floor.  
Pittsburgh, PA 15222  
Referral linkages to services for individuals with a disability, homeless, or senior citizens.

### **Clutterers Anonymous**

866-402-6685  
[www.cluttersanonymous.org](http://www.cluttersanonymous.org)  
Provides hoarding-related support.

### **Hoarding Cleanup Help**

[www.hoardingcleanup.com](http://www.hoardingcleanup.com)  
Anonymous online hoarding support groups are open to hoarders, family members of hoarders, therapists and anyone who collaborates with hoarders.  
Meeting times: Sunday evenings at 8:00pm & Tuesday evenings at 5:00pm

### **Pittsburgh Clutterers Anonymous**

CC Mellor Memorial Library  
(Edgewood branch)  
1 Pennwood Avenue  
[www.clutterersanonymous.org](http://www.clutterersanonymous.org)  
Support group for individuals who clutter. Provides an opportunity to meet with others, experience, and share.  
Monday evenings at 6:30pm

**The Declutter and Organizational Group**

Community Human Services

2525 Liberty Ave.

Pittsburgh, PA 15222

Provides support for individuals with clutter and disorganization.

The first Wednesday of every month from 10:30-12:00 pm.

**Address our Mess**

855-676-7848

[Info@addressourmess.com](mailto:Info@addressourmess.com)

[www.clutterhoardingcleanup.com](http://www.clutterhoardingcleanup.com)

Hoarding cleanup services, including case manager during clean out process.

**Service Master of Pittsburgh**

(412) 826-1010

745 Allegheny Ave.

Oakmont, PA 15139

[www.servicemasterofgreaterpgh.com](http://www.servicemasterofgreaterpgh.com)

Residential cleaning, hoarding cleanup, deep clean services, including family, aftercare follow-up.

**Habitat for Humanity of Greater Pittsburgh**

(412) 351-0512

212 Yost Blvd, suite A

Braddock, PA 15221

[www.pittsburghhabitat.org](http://www.pittsburghhabitat.org)

Veteran builds program. Brush with kindness (moderate exterior repairs). Critical home repair (provides affordable rehabilitation work)

## Legal Services

### **Allegheny County Bar Association Lawyer Referral Service**

(412) 261-5555

E-mail: [LRS@acba.org](mailto:LRS@acba.org)

[www.acbalrs.org](http://www.acbalrs.org)

Service designed to assist the public in locating lawyers for all legal matters.

### **Allegheny County Bar Foundation Pro Bono Center**

(412) 402-6677

[www.pittsburghprobono.org](http://www.pittsburghprobono.org)

Provides direct legal services to low-income individuals.

### **Allegheny County Public Defender's Office**

(412) 350-2400

[www.allegenycounty.us/opp](http://www.allegenycounty.us/opp)

Responsible for furnishing legal counsel to any person who, for lack of sufficient funds, is unable to obtain legal counsel.

### **Pennsylvania Bar Association**

800-932-0311 or 412-914-8840

<https://www.pabar.org/site/>

### **Allegheny Neighborhood Legal Services Association**

Coordinates free legal aid for qualified low-income families. They can offer help to prevent evictions, resolve landlord disputes, and ensure fair housing laws are followed. Get help in dealing with disputes over rent and landlord mediation too. Call 412-255-6700 or try the Pro Bono Center of the Allegheny County Bar Foundation at 412-402-6677 for referrals.

### **Persad Center**

<https://www.persadcenter.org/home>

412-441-9786

Persad Center is dedicated to improving the well-being of the LGBTQ+ communities and the HIV/AIDS communities in Western Pennsylvania. Through a variety of outreach, prevention, counseling, advocacy, and training services, they work to resolve problems faced by the LGBTQ+ and HIV/AIDS communities. They have services and resources for all ages, including seniors.

### **Gay for Good**

<https://gayforgood.org/pittsburgh/>

Gay For Good Pittsburgh mobilizes lesbian, gay, bisexual, transgender, queer (LGBTQ+) and ally volunteers to promote diversity, foster inclusion and strengthen ties to the broader Pittsburgh community. We facilitate welcoming, inclusive service projects in support of a wide range of causes throughout Pittsburgh and the surrounding areas, and we look forward to meeting you.

### **PGH Equality Center**

<https://pghequalitycenter.org/>

(412) 422-0114

5401 Centre Avenue

Suite #103

Pittsburgh, PA 15232

Has a plethora of events and supports for LGBTQ+ individuals. They also promote collaboration and advocacy as well as provide resources on their website. They also host events.

### **HOUSING**

Proud Haven

<https://www.proudhaven.org/>

Helping LGBTQIA+ youth and adults experiencing homelessness and housing instability in the Pittsburgh Region to find resources and housing options

### **PARENTS/FAMILY**

- Hugh Lane Foundation
  - <https://hughlane.org/>
- PFLAG (Parents and Friends of Lesbians and Gays) - National Office
  - <https://www.ccpgh.org/>
- PFLAG – Pittsburgh Chapter
  - <https://www.hrc.org/>

### **SENIORS**

- Area Agency on Aging
  - <https://www.allegenycounty.us/Human-Services/About/Offices/Area-Agency-on-Aging.aspx>
- Pittsburgh Prime Timers
  - <https://www.pittsburghprimetimers.com/>
- Services & Advocacy for LGBT Elders (SAGE) USA
  - <https://www.sageusa.org/>

### **TRANSGENDER**

- Allegheny Health Network Center for Inclusion Health
  - [https://www.ahn.org/services/medicine/center-for-inclusion-health/transgender-health-care?utm\\_source=persad&utm\\_medium=hyperlink&utm\\_term=ahn&utm\\_content=resourcepage](https://www.ahn.org/services/medicine/center-for-inclusion-health/transgender-health-care?utm_source=persad&utm_medium=hyperlink&utm_term=ahn&utm_content=resourcepage)
- Hugh Lane Foundation
  - <https://hughlane.org/>

- Initiative for Transgender Leadership
  - <http://transyouthleaders.blogspot.com/>
- National Center for Transgender Equality
  - <https://transequality.org/>
- The Name Change Project
  - <https://transgenderlegal.org/our-work/name-change-project/>
- SisTers PGH
  - <https://www.sisterspgh.org/>
- Trans Lifeline
  - <https://translifeline.org/>
- Trans YOUNiting
  - <https://www.transyounitingpgh.org/>
- TransPride Pittsburgh
  - <http://www.transpridepgh.org/>
- True T
  - <https://truepgh.com/#>

## YOUTH

- Dreams of Hope
- GLSEN – National (Gay, Lesbian, and Straight Education Network)
- Hugh Lane Foundation
- The Trevor Project

## MEDICAL CARE & HIV/AIDS

- Allies for Health + Wellbeing
  - <https://www.needhelppayingbills.com/index.html>

To improve health and wellbeing, Allies provides integrated medical care, supportive human services, and community-based education for individuals living with, or at risk of HIV, viral hepatitis, and sexually transmitted infections.
- Central Outreach Wellness Center
  - <https://www.centraloutreach.com/>
- Metro Family Practice
  - <https://metrocommunityhealthcenter.org/>
- Planned Parenthood of Western Pennsylvania
  - <https://www.plannedparenthood.org/planned-parenthood-western-pennsylvania>
- Shepherd Wellness Community
  - <https://swconline.org/>

## LEGAL SERVICES

- ACLU (American Civil Liberties Union)
  - <https://www.aclu.org/>
- Allegheny County Human Relations Commission
  - <https://www.allegenycounty.us/commissions/human-relations/index.aspx>
- City of Pittsburgh Commission on Human Relations
  - <https://pittsburghpa.gov/chr/>
- Human Rights Campaign
  - <https://www.hrc.org/>
- Lambda Legal
  - <https://www.lambdalegal.org/>
- National Center for Lesbian Rights
  - <https://www.nclrights.org/>
- National LGBTQ Task Force
  - <https://www.thetaskforce.org/>
- Pennsylvania Human Relations Commission
  - <https://pittsburghpa.gov/chr/>

## Mental Health Services

### **Resolve Crisis Network**

1-888-796-8226

Walk-in Crisis Center

[333 North Braddock Ave.](http://333 North Braddock Ave.)

[Pittsburgh, PA 15208](http://Pittsburgh, PA 15208)

### **Behavioral Health Emergency Service**

412-350-4456

[www.allegenycounty.us/dhs/obh](http://www.allegenycounty.us/dhs/obh)

### **Family Links**

401 N. Highland Avenue

Pittsburgh, PA 15206

(412) 343-7166

250 Shady Avenue

Pittsburgh, PA 15206

(412) 661-1800

2644 Banksburg Road

Pittsburgh, PA 15216

(412) 343-4500

[www.familylinks.com](http://www.familylinks.com)

### **Pittsburgh Mercy**

Emergency Response

1-877-637-2924(MERCYBH)

Northside

412 East Commons

Pittsburgh, PA 15212

### **East Common**

1200 Reedsdale Street

Pittsburgh, PA 15233

(412) 323-4500

[www.pittsburghmercy.org](http://www.pittsburghmercy.org)

### **Staunton Clinic**

111 Hazel Lane, Suite 300

Sewickley, PA 15143

(412) 749-7330

Offices in Sewickley, McKees Rocks, Bellevue, Wexford

[www.heritagegallery.org/pages/behavioral-health-facilities-staunton-clinic](http://www.heritagegallery.org/pages/behavioral-health-facilities-staunton-clinic)

### **Western Psychiatric Institute & Clinic**

3811 O'Hara Street

Pittsburgh, PA 15213

(412) 624-1000

[www.wpic.upmc.com](http://www.wpic.upmc.com)

**Bethlehem Haven (MIRYAM'S)**

Fifth Avenue Commons

905 Watson Street

Pittsburgh, PA 15219

(412) 391-1348

Serves: Adult Women – Emergency services, transitional housing, medical, dental, obstetrics, and mental health services

[www.bethlehemhaven.org](http://www.bethlehemhaven.org)

**NAMI: National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

Call the NAMI HelpLine at 800-950-6264 or chat.

M-F, 10 a.m. – 10 p.m., ET. In a crisis,

text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.

**National Resource Center on AD/HD**

[www.help4adhd.org](http://www.help4adhd.org)

**CHADD Live**

[www.chadd.org](http://www.chadd.org)

Has resources, information, and education on ADHD for parents, children, and adults

Contact an ADHD Specialist (Hablamos Español) 1-866-200-8098, M-F, 1-5 pm ET

**Wesley Family Services**

412-342-2270

or

888-222-4200

Serves: Children & families. Developmental, educational, seniors, behavioral health, and support services.

<https://wfspa.org/>

**Family Links**

401 N. Highland Ave.

Pittsburgh, PA 15206

1-866-583-6003

<https://www.familylinks.org/>

An Adolescent Semi-Independent Living (ASIL) that is a residential community-based setting for adolescent youth between the ages of 16 and 20 years who are actively involved with the child welfare or juvenile justice system. Services include mental health, substance abuse, case management and service coordination, housing & independent living, and school services.

## Pregnancy

### **Planned Parenthood**

(412) 562-1900  
1-800-230-PLAN  
933 Liberty Avenue  
Pittsburgh, PA 15222  
Women's health and pregnancy services.

### **GENESIS OF PITTSBURGH**

(412) 766-4934  
141 N. Fremont St.  
Bellevue, PA 15202  
Provides a range of services for those facing unplanned pregnancy. Provides shelter, individual and group counseling, educational classes in prenatal care, physical fitness, childcare, and parenting, maternity and baby clothing, formula, baby food, & baby equipment, Free of charge.

### **Power Newday**

7501 Penn Avenue  
Pittsburgh, PA 15208  
(412) 243-8755  
E-mail: [newday@power-recovery.com](mailto:newday@power-recovery.com)  
Partial hospitalization for women and pregnant women. Outpatient, partial hospitalization, intensive outpatient.

### **Healthy Start House**

(412) 466-1191  
400 W. Grant Ave.  
Duquesne, PA 15110  
Bridge housing for up to 18 months for pregnant women and mothers of up to four young children (10 years old or younger) who are homeless or at risk of homelessness. Education and support programs for women who are pregnant, mothers of young children, their partners, and families.

### **Travelers Aid**

**Mobile Moms:** (412) 281-5474  
103 Smithfield Street  
Pittsburgh, PA 15222  
Mobile Moms provides bus tickets to pregnant women to help them get to their prenatal appointments. Trips for Tots provides bus tickets for mothers to take their children to their doctor's appointments. To get benefits, mothers must have been involved in the Mobile Moms program as well.

### **Women's Choice Network**

(724) 935-6411  
1000 Brooktree Rd Suite 310  
Wexford, PA 15090  
Pregnancy tests with immediate results, complimentary sonogram referrals, confidential peer counseling, information about all pregnancy options, abortion recovery counseling and support, education about pregnancy, fetal development, and abortion procedures and risks. Childbirth and parenting groups, baby and maternity clothing, and furnishings.  
Also offers a free clothing bank for children between the ages of newborn to teenager. (412) 361-5632  
*Hours of operation are the 4th Monday of every month from 10:30 a.m. - 12:00 p.m. and every Wednesday from 6:00 - 6:45 p.m.*

## Senior Services

### **Reporting the Abuse or Neglect of Older Adult (60 ages or older)**

(412) 350-6950

1-800-344-4319

### **AAA (The Area Agency on Aging)**

Contact DHS SeniorLine

(412) 350-4234

(412) 350-5460

800-344-4319

Serves: Allegheny county residents, 60 years of age or older to live, healthy, and when possible, independent lives.

### **APPRISE Program**

221 Penn Ave

Pittsburgh, PA 15221

412-661-1438

E-mail: [APPRISE@wfspa.org](mailto:APPRISE@wfspa.org)

Serves: PA residents to understand their Medicare and other health insurance benefits and assist citizens in making informed decisions about their health care options.

### **Senior Centers**

(412) 350-5460

Serves: 60 years or older are welcome to participate in a variety of social and educational experiences at any Senior Community Center.

### **Access Transportation Systems, INC.**

(412) 562-5353

Shared ride transportation service provided throughout Port Authority's service area, primarily serving senior citizens and persons with disabilities.

Will provide discounted/free bus passes or transportation passes if qualified.

### **Allegheny Link**

[https://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-\(CSPs\).aspx](https://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-(CSPs).aspx)

866-730-2368

One Smithfield Street, 2<sup>nd</sup> Floor

Pittsburgh, PA 15222

Referral and linkages to services for individuals with a disability, homeless, or senior citizen.

### **Comfort Keepers**

<https://www.comfortkeepers.com/>

Pittsburgh office 412-203-5217

South Hills office 412-204-7853

In-Home Care and Senior Care

Comfort Keepers aims to help seniors thrive safely while living independently at home. From driving to doctor's appointments and grocery shopping to providing companionship and personal care, medication reminders, respite care, Alzheimer's and dementia care and individualized plans.

**Wesley Family Services**

412-342-2270

or

888-222-4200

Serves: Children & families. Developmental, educational, seniors, behavioral health, and support services.

<https://wfspa.org/>

**Family Links**

401 N. Highland Ave.

Pittsburgh, PA 15206

1-866-583-6003

<https://www.familylinks.org/>

An Adolescent Semi-Independent Living (ASIL) that is a residential community-based setting for adolescent youth between the ages of 16 and 20 years who are actively involved with the child welfare or juvenile justice system. Services include mental health, substance abuse, case management and service coordination, housing & independent living, and school services.

**Meals On Wheels**

<https://www.mealsonwheelsamerica.org/>

Committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes, Meals on Wheels operates in every community in America.

**Henry Kaufman Neighborhood House**

2201 Salisbury Street

Pittsburgh, Pennsylvania 15210

412-431-0557

[https://seniorcenter.us/sc/henry\\_kaufmann\\_neighborhood\\_house\\_senior\\_services\\_pittsburgh\\_pa](https://seniorcenter.us/sc/henry_kaufmann_neighborhood_house_senior_services_pittsburgh_pa)

Seniors enjoy congregate meals, socialization and recreation, volunteer opportunities, transportation assistance, education, counseling, and information and referral.

**Caregiver Champion, LLC**

Pittsburgh, PA 15217

412-952-6944

E-mail: [jeff@caregiverchampionadvocate.com](mailto:jeff@caregiverchampionadvocate.com)

Nationally Certified Healthcare Advocate with over 25 years of experience in overseeing and managing people's health care when in the hospital, a facility or at home. The team at Caregiver Champion can help sort out the many complex problems associated with disability and/or aging. The team is dedicated to assuring that the chronically disabled and the elderly will maintain their highest level of independence and be treated with the dignity and respect they deserve. Additionally, you are available to speak to your club or group with programs that include How to Be Your Own Health Care Advocate, The Difference Between Forgetfulness and Dementia, and 25 Documents You Need while you Age and Before You Die. Learn more at <https://www.caregiverchampionadvocate.com/>

## Substance Use Disorder

### **RCA (Recovery Centers of America)**

2380 McGinley Road  
Monroeville, PA 15146  
Justin Heiser  
Treatment Advocate  
[Jheiser@recoverycoa.com](mailto:Jheiser@recoverycoa.com)  
(724) 596-7350

### **Familylinks**

Community Support Center  
250 Shady Avenue  
Pittsburgh, PA 15206  
(412) 661-1800  
Outpatient, intensive outpatient, partial hospitalization.

843 Climax Street  
Pittsburgh, PA 15210  
(412) 381-8230  
Intervention & Prevention  
[www.familylinks.org](http://www.familylinks.org)

### **Ellen O'Brien Gaiser Addiction Center**

165 Old Plank Road, P.O. Box 2127  
Butler, PA 16001  
(724) 287-8205  
<https://www.gaisercenter.com/>

Serves: Adult inpatient non-hospital rehab.

### **Gateway Rehabilitation Center**

1360 Old Freeport Road, Suite 3B  
Pittsburgh, PA 15238  
(412) 963-7077  
<https://www.gatewayrehab.org/>

Partial hospitalization, outpatient

1659 Route 228  
Cranberry Township, PA 16066  
(724) 776-4844  
Adult & Adolescent partial hospitalization and outpatient

100 Moffet Run Road  
Aliquippa, PA 15001  
(724) 378-4461  
Inpatient non-hospital detox., inpatient non-hospital rehab, partial hospitalization, intensive outpatient

### **Moffett**

1215 7<sup>th</sup> Avenue, Suite 313  
Beaver Falls, PA 15010  
Male Halfway House

### **Tom Rutter House**

100 Moffet Run Road  
Aliquippa, PA 15001  
(724) 766-8700  
Male Halfway House

**Greenbriar Treatment Center**

6200 Brooktree Road, Suite 210

Wexford, PA 15090

(724) 934-8435

<https://www.greenbriar.net/>

Partial Hospitalization, intensive outpatient

800 Manor Drive

Washington, PA 15301

(724) 255-9700

Inpatient non-hospital detox, inpatient non-hospital rehab

**Lighthouse for Men Halfway House**

1820 Washington Road

Washington, PA 15301

(724) 531-6930

**Lighthouse for Women Halfway House**

1633 Weirich Avenue

Washington, PA 15301

(724) 222-4753

**Highland House**

312 Highland Avenue, P.O. Box 1422

New Castle, PA

(724) 654-7760

Halfway House

**Jade Wellness Center**

101 N Meadows Dr.

Wexford, PA 15090

Serves: outpatient, intensive outpatient, suboxone maintenance

[www.myjadewellness.com](http://www.myjadewellness.com)

**POWER (Pennsylvania Organization for Women in Early Recovery)**

7501 Penn Avenue

Pittsburgh, PA 15208

(412) 243-7535

<https://power-recovery.com/contact/>

E-mail: [powerorg@power-recovery.com](mailto:powerorg@power-recovery.com)

Serves: Intervention, partial hospitalization, regular outpatient drug-free, intensive outpatient, case management.

**Power House (Halfway House)**

7445 Church Street

Pittsburgh, PA 15218

(412) 271-0500 x112

E-mail: [powerhouse@power-recovery.com](mailto:powerhouse@power-recovery.com)

Residential treatment program for women and women with children.

**Prevention Point Pittsburgh**

907 West Street, Fifth Floor

Wilkinsburg, PA 15221

(412) 247-3404

Intervention

[www.pppgh.org](http://www.pppgh.org)

**Pyramid Health Care, INC.**

306 Penn Avenue  
Wilkinsburg, PA 15221  
(412) 241-5341

<https://www.pyramid-healthcare.com/locations/pennsylvania/pittsburgh-detox-residential/>

Residential drug-free rehabilitation, detoxification.

**Renewal, INC.**

704 Second Avenue  
Pittsburgh, PA 15219  
(412) 690-0110

Residential drug-free rehabilitation for adults.

**Salvation Army Harbor Light Center**

865 West North Avenue  
Pittsburgh, PA 15233  
(412) 231-0500

Intensive outpatient, outpatient, residential services, HIV/early intervention.

**Sojourner House**

5460 Penn Avenue, Suite 220  
Pittsburgh, PA 15206  
(412) 361-1213

Residential drug-free rehab for women and their children.

**White Deer Run/Cove Forge, INC.**

202 Cove Forge Road  
Williamsburg, PA 16693  
1(800) 873-2131

[https://www.coveforgebehavioralhealth.com/programs/outpatient/?utm\\_source=GMB&utm\\_medium=organic&utm\\_campaign=listing&utm\\_term=brand](https://www.coveforgebehavioralhealth.com/programs/outpatient/?utm_source=GMB&utm_medium=organic&utm_campaign=listing&utm_term=brand)

Inpatient non-hospital detox, inpatient non-hospital rehab, partial hospitalization.

2500 Jane Street, Second Floor

Pittsburgh, PA 15203

(412) 431-3363

Outpatient, intensive outpatient, partial hospitalization.

[www.whitedeerrun.com](http://www.whitedeerrun.com)

**Positive Pathways**

<https://www.positivepathwayspa.com/>

412-422-2812

Offers a variety of services as part of our drug and alcohol abuse treatment programs. This allows our staff to design a unique treatment plan that considers your history of use, medical history, and mental health.

**HSAO**

<https://www.hsa.org/>

Adult and Juvenile services

The Hough Building Suite 1 2801 Custer Avenue

Pittsburgh, PA 15227

Phone: 412-884-4500

**Ryan's Wings Inc**

[www.ryanswings.org](http://www.ryanswings.org)

4387 Gibsonia Road Gibsonia, Pa 15044

Phone: 724-321-2347

Mission Statement: "Ryan's Wings understands that addiction is a devastating disease that destroys and affects lives and families. Our mission is to lend support to those in early recovery from substance abuse disorder while giving hope to the children affected. We help those coming from rehab in early recovery from substance abuse disorder with rent in a sober house."

We recently started an additional program called M.A.C.K. (Making Activities Count for Kids). This is to assist the children that grew up in the chaos of addiction with financially paying for extracurricular activities. (sport, dance, art music, etc) This may help develop some normalcy to their life.

**Wesley Family Services**

412-342-2270

or

888-222-4200

Serves: Children & families. Developmental, educational, seniors, behavioral health, and support services.

<https://wfspa.org/>

**Monica Phillips Treatment Advocate**

[monica.phillips@acadiahealthcare.com](mailto:monica.phillips@acadiahealthcare.com)

412-277-1238

**12-Step Programs****Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

**Narcotics Anonymous**

[www.na.org](http://www.na.org)

**Cocaine Anonymous**

[www.ca.org](http://www.ca.org)

**Family & Loved Ones Suffering from Addiction****Bridge 2 Hope**

(412) 748-6640

700 Cumberland Woods Drive

Allison Park, PA 15101

Those impacted by the addiction of a loved one. Meet on Wednesday evenings, 7-8:30pm.

**Al-Anon**

[www.al-anon.org](http://www.al-anon.org)

For those who know or have known a feeling of desperation concerning the addiction problem of someone near to you.

**Nar-Anon**

[www.nar-anon.org](http://www.nar-anon.org)

For those who know or have known a feeling of desperation concerning the addiction problem of someone near to you.

## Suicide

### **Resolve Crisis Network**

1-888-796-8226

Walk-in Crisis Center

333 North Braddock Ave.

Pittsburgh, PA 15208

### **Western Psychiatric Institute & Clinic**

3811 O'Hara Street

Pittsburgh, PA 15213

(412) 624-1000

www.wpic.upmc.com

### **National Suicide Prevention Lifeline**

https://suicidepreventionlifeline.org/

800-273-TALK (8255)

Crisis Text Line: HELLO to 741-741

### **American Foundation for Suicide Prevention**

888-333-2377

www.afsp.org

### **Suicide Prevention Resource Center**

https://www.sprc.org/

https://988lifeline.org/

988

## Transportation

### **Access Transportation Systems, INC.**

(412) 562-5353

Shared ride transportation service provided throughout Port Authority's service area, primarily serving senior citizens and persons with disabilities.

Will also provide discounted/free bus passes or transportation passes if qualified.

### **Medical Assistance Transportation Program (MATP)**

888-547-6287

If individuals need to go to a routine medical appointment or by prescription drugs. Free service.

### **Travelers Aid of Pittsburgh**

(412)281-5474 and dial 0

1921@travelersaidpgh.org

<https://www.travelersaidpgh.org/>

Provides a number of transportation assistance programs: Behavioral Health Transportation, COVID-19, Relief Programs, CYF Transportation, Employment Programs, ICU Baby Program, Medical Assistance Transportation, Mobile Moms, Office of Vocational Rehabilitation, Re-Entry Programs, Senior Transportation Assistance, Special Allowances Distributions, Stranded Traveler Program, Transportation, For Food Assistance, Trips For Tots, United For Women Network, Veterans Transportation Assistance, Women's Transportation Assistance

### **Allegheny County Transportation**

<https://www.allegenycounty.us/Human-Services/Programs-Services/Basic-Needs/Transportation.aspx>

## Veteran Services

### **Veterans Crisis Line**

1-800-273-8255 #1

Text: 838255

### **Nationwide Homeless Veterans Hotline**

1-877-424-3838

### **VA Pittsburgh Healthcare System**

1-866-482-7488

### **University Drive Campus (Oakland)**

University Drive C

Pittsburgh, PA 15240

(412) 688-6000 or 1-800-309-8398

Acute care and inpatient behavioral health facility for medical, neurological, and surgical care.

### **Veteran's Place**

945 Washington Blvd.

(412) 363-0500

Provides: Meals, clothing, showers, laundry, toiletries, social, help, counseling, computers, medical, & food pantry.

### **Rescue Pets Serving Vets**

<https://rescuepetsservingvets.org/>

4793 Red Rock Rd

Benton, PA 17814

Phone: (570) 441-0083

Placing Rescues in loving homes with special priority given to Veterans for companion, therapy, and service pets.

### **Animal Friends for Veterans**

562 Camp Horne Road

Pittsburgh, PA 15237

412-847-7000

Speak@ThinkingOutsideTheCage.org

<https://www.thinkingoutsidethecage.org/other-ways-to-give/veterans-services/>

Animal Friends offers customized matches for veterans and proudly waives the requested adoption donation for any dog, cat, or rabbit.

### **Veterans Leadership Program of Western PA and Allegheny**

Administers the Supportive Services for Veteran Families (SSVF). Veterans and their families can receive government grants to pay rent and information on permanent housing placement. Other programs include funds for security deposits for the homeless, transportation, shelter, and more. Call the Pittsburgh agency at 412-481-8200.

### **PA Pet Vets**

<https://www.pavetpets.org/home>

Helps veterans and first responders with PTSD by raising money to cover rescue dog adoptions, raising money for Camp Hope Recovery, raising money to assist with service dog training, directing them to professional care and services that will aid in their recovery, partnering with The Washington County, Suicide Task Force to improve areas of opportunity, 1on1 emotional support, calls, visiting veteran and nursing homes with pups and care packages, having amazing events for them to volunteer and feel connected to community.

## Additional Resources & Helplines

### Substance Abuse

#### **Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline**

Hotline: 1 (800) 662 – 4357

Available 24 hours a day, 7 days a week via phone in English and Spanish

SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental and/or substance abuse disorders.

#### **American Addiction Centers**

Hotline: 1 (866) 460-6405

Available 24 hours a day, 7 days a week via phone

Anyone can call the drug or alcohol abuse addiction hotline for advice. Parents, family members, friends, acquaintances or even the person themselves may even call for advice, help, or just to explore treatment options. The addiction hotline is free to use and there is no obligation to enter treatment.

### Sexual Assault & Rape

#### **PAAR**

866-363-7273

24 Hour Confidential Helpline

#### **Rape, Abuse, and Incest National Network (RAINN) – National Sexual Assault Hotline**

Hotline: 1 (800) 656-4673

Available 24 hours a day, 7 days a week via phone and online chat.

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operated the National Sexual Assault Hotline, in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

#### **Department of Defense (DOD) Safe Helpline for Sexual Assault**

Hotline: 1 (877) 995 – 5247

Available 24 hours a day, 7 days a week via phone and online chat.

The DOD Safe Helpline is a crisis support service designed to provide sexual assault services for survivors, their loved ones, and other members of the DOD community.

### Human Trafficking

#### **National Human Trafficking Hotline**

Hotline: 1-888-373-7888

Text: 233733 (Text "HELP" or "INFO")

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.

## **Domestic Violence & Intimate Partner Violence**

### **National Domestic Violence Hotline**

Hotline: 1 (800) 799 – 7233

Available 24 hours a day, 7 days a week via phone and online chat. The National Domestic Violence Hotline is available for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

### **Love is Respect – National Teen Dating Abuse Hotline**

Hotline: 1 (866) 331 – 9474 Text: 22522

Available 24 hours a day, 7 days a week via phone, text, and online chat. Love is Respect offers information, support, and advocacy to young people who have questions or concerns about their dating relationships.

### **StrongHearts Native Helpline**

Hotline: 1 (844) 762 – 8483

Available Monday through Friday, 9:00am to 5:30pm CST via phone.

The StrongHearts Native Helpline is a safe, anonymous, and confidential service for Native Americans experiencing domestic violence and dating violence.

### **Pathways to Safety International**

Hotline: 1 (833) 723 – 3833 Email: [crisis@pathwaystosafety.org](mailto:crisis@pathwaystosafety.org)

Available 24 hours a day, 7 days a week via phone, email, and online chat.

Pathways to Safety International assists Americans experiencing interpersonal and gender-based violence abroad.

### **Gay, Lesbian, Bisexual and Transgender National Hotline**

Hotline: 1 (888) 843 – 4564 Youth Talkline: 1 (800) 246 – 7743

Senior Helpline: 1 (888) 234 – 7243 Email: [help@LGBThotline.org](mailto:help@LGBThotline.org)

Hours vary, available via phone and online chat. The LGBT National Help Center serves gay, lesbian, bisexual, transgender, and questioning people by providing free and confidential peer support and local resources.

### **Womens Law**

Email hotline: <https://hotline.womenslaw.org> The Women's Law online helpline provides basic legal information, referrals, and emotional support for victims of abuse.

## **Mental Health & Suicide**

### **National Suicide Prevention Lifeline**

Hotline: 9-8-8

Available 24 hours a day, 7 days a week via phone and online chat.

The National Suicide Prevention Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### **National Alliance on Mental Illness (NAMI) Helpline**

Hotline: 1 (800) 950 – 6264

Email: [info@nami.org](mailto:info@nami.org)

Available Monday through Friday, 10:00am to 6:00pm Eastern Standard Time.

The NAMI Helpline assists individuals and families who have questions about mental health disorders, treatment, and support services.

### **Wesley Family Services**

724-335-6242 Daytime crisis line

## **Allegheny County Crisis and Mental Health**

<https://www.allegenycounty.us/Human-Services/About/Contact/Emergency-Contacts.aspx>

When you or a family member need help right away with a mental health, substance use or human services crisis, Allegheny County has people and services to help. There are several resources you can access, including 24/7 mental health crisis hotlines and services, 24/7 substance use hotlines and services, suicide hotlines, peer warmlines, abuse and neglect hotlines, and housing and human service connectors.

## **Children, Teens, & Young Adults**

### **National Runaway Safeline**

Hotline: 1 (800) 786 – 2929

Email: info@1800runaway.org

Available 24 hours a day, 7 days a week via phone, email, forum, and online chat.

The National Runaway Safeline provides crisis and support services for homeless and runaway youth in the United States.

### **National Center for Missing and Exploited Children (NCMEC)**

Hotline: 1 (800) 843 – 5678

Cyber Tipline: <http://www.missingkids.com/gethelpnow/cybertipline>

NCMEC serves as a clearinghouse and comprehensive reporting center for all issues related to the prevention of and recovery from child victimization.

### **ChildHelp National Child Abuse Hotline**

Hotline: 1 (800) 422 – 4453

Available 24 hours a day, 7 days a week via phone and text.

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—aid in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergencies, social service, and support resources. All calls are confidential.

### **Boystown USA – Your Life Your Voice Helpline**

Hotline: 1 (800) 448 – 3000

Text: Text VOICE to 20121 (hours vary)

Available 24 hours a day, 7 days a week via phone, email, text, and online chat.

Your Life Your Voice is a program by Boystown USA and is available to children, parents, and families who are struggling with self-harm, mental health disorders, and abuse.

## **Veterans**

### **Veterans Crisis Line**

Hotline: 800-273-8255, Press 1 Text: 838255

Available 24 hours a day, 7 days a week

Serves Veterans, their families, and their friends. It serves veterans, service members, National Guard and Reserve members, and anyone who supports them. You do not have to be enrolled in VA benefits or health care to call.

### **National Call center for Homeless Veterans**

Hotline: 877-424-3838, Available 24/7

Call if you are or know a Veteran who is homeless or at risk of becoming homeless. These resources are also available to Veterans family and friends, VA medical centers, VA partners, community agencies, and service providers.

### **Quit VET**

Hotline: 855-QUIT-VET (855-784-8838)

## **First Responders/Crisis workers/Dispatchers**

### **CISM Team Pittsburgh**

412-647-2473

Pittcism.com

WHO CAN CALL PITTSBURGH CISM:

Anyone can activate our free confidential services. We do not charge for response; however, we only offer services for:

- Emergency Medical Services Personnel
- Fire Personnel
- Police Personnel
- Dispatchers at 911 Personnel
- Medical Flight Personnel
- Hospital Personnel-Nurses, Medics, Doctors, and Staff
- Heavy Industrial Personnel

### **Safe Call Now**

(206) 459-3020 or 1-877-230-6060

This confidential, comprehensive, 24-hour crisis referral service is for all public safety employees, all emergency services personnel, and their family members nationwide.

### **Fire/EMS Helpline**

888-731-FIRE (3473)

Confidential and 24-hour, the Fire/EMS Helpline was created for first responders by members of the fire service. This program is specifically designed to meet the unique needs of firefighters, EMTs, rescue personnel and their families.

### **Copline**

800-267-5463

This resource is a confidential, 24-hour law enforcement officer hotline staffed by retired law enforcement officers trained in active listening.

### **Bullet Proof**

Support Line 1-800-273-8255

If you or someone you know is in crisis, contact the 24-hour CONFIDENTIAL

### **Next Rung**

833-698-7864 (Text SUPPORT To 1.833.698.7864)

### **Fire strong**

24/7 Firefighter & Family Crisis

844-525-FIRE (3473)

### **Hero**

844.833.HERO

844.833-4376

8:00 AM–12:00 Midnight 7 Days a Week

At the heart of navigating our community is the resource guide designed to offer you the most accurate and helpful service information. However, we know that places and services may change over time, and the dynamic nature of our community means that some information might not always stay current.

If you encounter an inaccuracy or notice something that needs updating, we encourage you to reach out! Your insights are invaluable for keeping the guide precise and helpful. Similarly, if you find yourself searching for a service that is not listed or needs assistance with something not provided within these pages, do not hesitate to contact us.

Whether you have suggestions, questions, or would like to share your services, we are here for you. Please contact me at [Jfrye@townofmccandless.org](mailto:Jfrye@townofmccandless.org). Together, we can elevate our community and ensure everyone has access to the resources they deserve!