

## Allegheny County Crisis Response Resources

Name	Location	Type of Resource
UPMC Mathilda Theiss Health Center	373 Burrows Street Pittsburgh, PA 15213 412-383-1559 <a href="http://www.upmc.com/locations/community/mathilda-theiss-health-center">www.upmc.com/locations/community/mathilda-theiss-health-center</a>	Support for families and children, including National Children Traumatic Stress Network experts
Macedonia Family & Community Enrichment Center, Inc.	1835 Centre Avenue, Suite #285 Pittsburgh, PA 15219 412-281-2573 ext. 4480 <a href="http://www.macedoniaface.org">www.macedoniaface.org</a>	Support for families and organizations
HealthyCHILD team at University of Pittsburgh Office of Child Development	412-383-3098 <a href="http://www.oed.pitt.edu/HealthyCHILD-(Collaborative-Health-Interventions-for-Learners-with-Differences)-School-Linked-Developmental-Healthcare-Partnerships/616/Default.aspx">http://www.oed.pitt.edu/HealthyCHILD-(Collaborative-Health-Interventions-for-Learners-with-Differences)-School-Linked-Developmental-Healthcare-Partnerships/616/Default.aspx</a>	Support for families and children
Center for Parents and Children at the University of Pittsburgh	4101 Sennott Square 210 South Bouquet Street Pittsburgh, PA 15260 412-624-1836 <a href="https://www.cpc.pitt.edu/">https://www.cpc.pitt.edu/</a>	Support for families and children
Resolve Crisis Services	1-888-7 YOU CAN (1-888-796-8226) 333 North Braddock Ave. Pittsburgh, PA 15208 <a href="https://www.upmc.com/services/behavioral-health/resolve-crisis-services">https://www.upmc.com/services/behavioral-health/resolve-crisis-services</a>	24/7 crisis counseling and support, referrals and intervention services for mental health emergencies
Jewish Family and Community Services	5743 Bartlett Street Pittsburgh, PA 15217 412-422-7200 <a href="https://www.jfcspgh.org/">https://www.jfcspgh.org/</a>	Counseling services
Highmark Caring Place	Pittsburgh region: (888) 224-4673 620 Stanwix Street Pittsburgh, PA 15222 (888) 224-4673 <a href="https://www.highmarkcaringplace.com">https://www.highmarkcaringplace.com</a>	For grieving children who have lost a loved one
Center for Victims	24-Hour Hotline, (412) 392-8582 or 1-866-644-2882 (toll-free) Pittsburgh Office: 3433 East Carson Street Suite #300 Pittsburgh, PA 15203 412-482-3240 <a href="https://www.centerforvictims.org/">https://www.centerforvictims.org/</a>	The hotline, which serves as a gateway to all services, can be utilized by anyone, including victims, witnesses, and their families or friends, law enforcement, hospitals, social workers, or mental health professionals

**National Help Lines**

<p align="center">SAMHSA Disaster Distress Helpline</p>	<p align="center">1-800-985-5990 text TalkWithUs to 66746 People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990</p>	<p>Support for any distress that you or someone you care about may be feeling related to any disaster. Answers 24/7 by trained crisis counselors</p>
<p align="center">LGBT National Help Center</p>	<p align="center">Toll-Free National Hotline 1-888-843-4565 (M-F 4p-12a, S 12p-5p) Youth Talkline for teens and young adults up to age 25 1-800-246-7743 (M-F 4P-12A, S 12P-5P ET)</p>	<p>Online Peer-Support Chat for those in need of 1:1 confidential peer support (M-F 4P-12A, S 12P-5P ET) Trans Teen Online Talk Group is a weekly moderated group for trans teens ages 12-19 (Wed. from 7-9P ET)</p>
<p align="center">The Trevor Project</p>	<p align="center">Trevor Lifeline 1-866-488-7386 (available 24/7) TrevorText - text "Trevor" to 1-202-304-1200 (Th/Fr 4p-8p ET)</p>	<p>A non-judgmental hotline with LGBTQ-sensitive trained counselors you can contact through a call, text, or chat during a mental health crisis and/or suicidal thoughts.</p>

## Online Resources

The **National Child Traumatic Stress Network** has developed resources to help families and communities. These resources include tip sheets on:

- The Psychological Impact of the Recent Shooting  
<https://www.nctsn.org/resources/psychological-impact-recent-shooting>
- Tips for Parents on Media Coverage  
<https://www.nctsn.org/resources/tips-parents-media-coverage-shooting>
- Parent Guidelines for Helping Youth after the Recent Shooting  
<https://www.nctsn.org/resources/parent-guidelines-helping-youth-after-recent-shooting>
- Helping Young Children with Traumatic Grief: Tips for Caregivers  
<https://www.nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers>
- Helping School-Age Children with Traumatic Grief: Tips for Caregivers  
<https://www.nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers>
- Helping Teens with Traumatic Grief: Tips for Caregivers  
<https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>
- Helping Youth After Community Trauma: Tips for Educators  
<https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators>
- After a Crisis: Helping Young Children Heal  
<https://www.nctsn.org/resources/after-crisis-helping-young-children-heal>
- Guiding Adults in Talking to Children About Death and Attending Services  
<https://www.nctsn.org/resources/guiding-adults-talking-children-about-death-and-attending-services>
- Talking to Children about Hate Crimes and Anti-Semitism  
<https://www.nctsn.org/resources/talking-to-children-about-hate-crimes-and-anti-semitism>

Available from the **Center for the Study of Traumatic Stress**  
at the **Uniformed Services University:**

- Funerals and Memorials: a Part of Recovery  
<https://www.cstsonline.org/resources/resource-master-list/funerals-and-memorials-as-part-of-recovery>
- Grief Leadership: Leadership in the Wake of Tragedy  
<https://www.cstsonline.org/resources/resource-master-list/grief-leadership-leadership-in-the-wake-of-tragedy>

· Leadership Communication: Anticipating and Responding to Stressful Events  
<https://www.cstsonline.org/resources/resource-master-list/leadership-communication-anticipating-responding-stressful-events>

Available from the **U.S. Department of Health & Human Services, Substance Abuse and Mental Health Services Administration:**

- SAMHSA help for anyone who may be experiencing psychological distress as a result of natural or human caused disasters <https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>
- Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event  
<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>
- Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress  
<https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>
- US Department of Veteran Affairs: National Center for PTSD: Types of Trauma: Disaster and Terrorism: [https://www.ptsd.va.gov/understand/types/disaster\\_terrorism.asp](https://www.ptsd.va.gov/understand/types/disaster_terrorism.asp)
  - SAMHSA Coping with Grief After Community Violence:  
<https://www.samhsa.gov/resource/dbhis/tips-survivors-coping-grief-after-community-violence>

**Carnegie Library** reading list – books that can help young listeners understand and respect differences, appreciate the important of community, and explore their feelings

<https://www.carnegielibrary.org/staff-picks/here-to-help-tree-of-life-or-lsimcha-dor-hadash-and-new-light-tragedy/>

Compiled by Allegheny County Department of Human Services  
<https://www.alleghenycounty.us/human-services/index.aspx>