

Crisis and Mental Health Resources

[Allegheny County Warm Line:](#) Call 1 (866) 661-WARM (9276) to speak with mental health consumers who provide support to peers by telephone. This line is available 9am – 1pm, daily. Calls are kept confidential and callers remain anonymous. The telephone support specialists are trained to actively listen to their peers, empathize with their concerns and empower individuals to choose their path to wellness and recovery. This is not a crisis hotline.

[Click here for a link to the Allegheny County Warm Line.](#)

[Center for Victims:](#) Contact the 24-hours crisis hotline at 1 (866) 644-2882 for the emergency needs of crime victims, witnesses, and their friends and family. The hotline is a gateway to services such as law enforcement, hospitals, social workers, and mental health professionals.

[Click here for a link to the Crisis Textline.](#)

[Crisis Textline:](#) Text HOME to 741741 to connect with a Crisis Counselor for free, 24/7 support. The textline provides support for a variety of stressors including: coronavirus, anxiety, emotional abuse, depression, suicide, and more.

[Click here for a link to the Crisis Textline.](#)

[National Suicide Prevention Lifeline:](#) Contact the National Suicide Prevention Lifeline at (800) 273-TALK (800-273-8255) for 24/7, free and confidential support. This lifeline provides distress, prevention and crisis resources for you or your loved ones.

[Click here for a link to the National Suicide Prevention Lifeline website.](#)

[Resolve Crisis Services:](#) Contact Resolve Crisis Services at 1-888-796-8226 or visit their walk-in center for 24-hour crisis and mental health help, free to all residents of Allegheny County.

[Click here for a link to the Resolve website.](#)

[Persad Center:](#) A mental health center specifically created to serve the LGBTQ+ community with a Pittsburgh-based location. Call (412) 441-9786 for the Pittsburgh Office. Services include: Therapy, Substance Abuse Treatment, Drug and Alcohol Dual Diagnosis Intensive Outpatient Program, HIV/AIDS assistance, food pantry, peer support hotline, 24/7 youth support hotline/chat, community building activities, connect individuals with outside resources such as legal support, medical care, etc.

[Click here for a link to the Persad Center website.](#)

[The TREVOR Project:](#) Provides crisis intervention and suicide prevention for LGBTQ+ young people under 25. Services include a crisis hotline 1 (866) 488-7386, chat and text; The Trevor Support Center - a webpage where LGBTQ youth and their allies can find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more; TrevorSpace - An online international peer-to-peer community for LGBTQ young people and their friends.

[Click here for a link to The TREVOR Project website.](#)

Covid 19 Resources

[Covid 19 Grief Network:](#) Obtain grief support for young adults in their 20s and 30s grieving the illness or death of someone close to COVID-19.

[Click here for a link to the Covid 19 Grief Network website.](#)

[Covid 19 Student Resources \(Requires ID to Log in\):](#) Log in to access a wide range of services that are available related to Covid 19. Both on campus and off campus resources as well as a weekly schedule of remote services and activities are posted for students.

[Click here for a link to the Covid 19 Student Resources.](#)

[PA Support and Referral Helpline:](#) 1-855-284-2494 (TTY: 724-631-5600)

A free, 24/7 support line is available for those with anxiety or challenging emotions due to the Covid-19 Crisis. CCR staff are trained to be accessible, culturally competent, and skilled at assisting individuals with mental illness, intellectual disabilities, co-occurring disorders and other special needs. Staff use the principles of trauma-informed care to listen, assess needs, triage calls, and provide appropriate referral to community resources to children, teens, adults and special populations.

[Click here for a link to the PA Support and Referral Helpline website.](#)

Domestic Violence and Sexual Assault Resources

[Crisis Center North:](#) Contact Crisis Center North's 24/7 hotline for free and confidential help for anyone affected by domestic violence.

[Click here for a link to the Crisis Center North website.](#)

[HOPE Center:](#) Contact the Hope Center 24/7 if social distancing has forced you into unsafe situation, call to speak with an advocate. They will help provide domestic violence information, community resources, safety planning, support, and more.

[Click here for a link to the HOPE Center website.](#)

[PAAR \(Pittsburgh Action Against Rape\):](#) PAAR is a rape crisis center that provides counseling and advocacy. Therapy and telehealth is available, as well as the 24/7 Helpline and text chat. 24/7 Helpline: 1-866-END-RAPE (1-866-363-7273). Text/Chat Line: Services available and accessed through their website.

[Click here for a link to the PAAR website.](#)

Substance Abuse Resources

[American Lung Association:](#)

The American Lung Association provides resources and assistance to help quit tobacco, e-cigarettes, and vaping. For a CCAC Counselor who can assist with smoking cessation, contact Megan Crane, by phone at (412) 237-2566 or email at mcrane@ccac.edu.

[Click here for a link to the American Lung Association website.](#)

[Gateway Rehab:](#) Reach out to this substance abuse treatment center for information on their addiction recovery services.

[Click here for a link to the Gateway Rehab website.](#)

[Greenbriar Treatment Center:](#) Reach out to this Pittsburgh based substance abuse treatment center for information on their addiction recovery services.

[Click here for a link to the Greenbriar Treatment Center website.](#)

SAMHSA Resources: Visit the Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services, website for substance use and mental disorder information, services, and research.

[Click here for a link to the SAMHSA website.](#)

CCAC Departmental Resources

CCAC Financial Aid: Provides funding that helps students pay for college, including scholarships, grants, loans and work-study programs. Students are asked to complete the Free Application for Federal Student Aid, known as the FAFSA, to be eligible.

[Click here for a link to CCAC Financial Aid.](#)

CCAC Office of Institutional Diversity and Inclusion: OIDI champions broadly-defined diversity, inclusion and equity throughout the College to improve learning, innovation and service for our students, faculty, staff and community. This office provides [Title IX information and reporting](#) for gender discrimination, sexual misconduct, or absences due to pregnancy. Additionally, CCAC partners with and depends on community organizations who provide services to various populations in the Pittsburgh region, which are included in a list of [diversity resources](#).

[Click here for a link to the CCAC Office of Institutional Diversity and Inclusion.](#)

CCAC Resource Navigators: Navigators are part of CCAC's Student Services and work as a point of contact to help students overcome barriers outside the classroom by connecting them to on campus and off campus resources. Students are commonly referred to community resources and services such as utility assistance, food and housing needs, assistance with purchasing textbooks, linking with health providers, transportation, and much more.

[Click her for a link to the CCAC Resource Navigators.](#)

CCAC Safety and Security: Safety is top priority at CCAC and we are constantly working to improve our student's knowledge and skills that will keep them safe on campus and in the community. Visit the CCAC Emergency Alerts webpage and learn more about safety features and options such as the [Rave Guardian App for Phones](#) and [Escort Services](#).

[Click her for a link to CCAC Safety and Security.](#)

CCAC Supportive Services: Supportive Services work with faculty to provide reasonable and appropriate classroom accommodations for students with disabilities. They can also provide helpful study resources and ongoing support.

[Click her for a link to CCAC Supportive Services.](#)

CCAC Military and Veterans Services: CCAC's Military & Veterans Services provides personalized and caring support to CCAC student veterans during their transition from military service to college life. We help our veterans navigate CCAC and provide assistance with VA educational benefits, as well as give veteran students the tools to succeed academically and personally. Reach out to a campus Military and Veterans Student Success Facilitator for assistance.

[Click here for a link to CCAC Military and Veterans Services.](#)

[FERPA Family Educational Rights and Privacy Act:](#) Personally identifiable information contained in student education records shall not be disclosed by the College without a student's prior written consent, except in cases in which FERPA authorizes disclosure without such prior consent. Students who wish to grant consent for parents, guardians or other third parties to access the student's educational records must complete the FERPA Release form (available on the [Advisement Forms](#)), specifying the types of records to be shared, sign and submit to the campus Registration and Advisement Office. [Click here for a link to the FERPA Act Information.](#)

Basic Needs Resources

[CCAC Food Pantry:](#) Any student in need of food assistance may utilize the campus pantries. There are no income guidelines to be eligible; however, students are asked to show their ID and to register for the service.

[Click here for a link to the CCAC Food Pantry.](#)

[North and West Hills Center Resource Guide:](#) Resources for Allegheny, Beaver, and Butler County for food, housing, clothing, crisis intervention, free health clinics, transportation services, and homelessness.

[Click here for a link to the North and West Hills Center Resource Guide.](#)

[Urban League of Greater Pittsburgh:](#) Pittsburgh Urban League helps others to help themselves through extra-curricular educational opportunities, health advocacy, housing counseling, parental education and support for early childhood and youth development, hunger prevention services, sustainable wage career preparation, and other programs that lead to improved ability to achieve economic empowerment and self-reliance.

[Click here for a link to the Urban League of Greater Pittsburgh website.](#)

[North Hills Community Outreach:](#) Provides services to those in need in the North Hills area such as food pantry, transportation, rent, job loss, education, legal, utilities and goal achievement assistance.

[Click here for a link to the North Hills Community Outreach website.](#)

[Greater Pittsburgh Community Food Bank:](#) You can access food resources right in your neighborhood. Find a food pantry, soup kitchen or partner program near you.

[Click here for a link to the Greater Pittsburgh Community Food Bank website.](#)

Financial Assistance

[CCAC Financial Aid: See under CCAC Departmental Resources](#)

[The COVID19 Laptop Fund:](#) This fund is administered by the CCAC Educational Foundation. It provides a personal laptop and connectivity measures (if needed) to students who are currently pursuing their CCAC education remotely in either a partial or full manner. Students should review the eligibility criteria and complete an [application](#).

[Click here for a link to The COVID19 Laptop Fund information.](#)

[Education Foundation Scholarships:](#) Many scholarships, endowments, and funds are available to help students achieve their educational goals.

[Click here for a link to the Education Foundation Scholarships website.](#)

GAP Scholarship: The Student Emergency GAP Fund provides up to \$500 in emergency financial assistance to students encountering unforeseen personal circumstances that may prevent them from continuing their education at CCAC. Students are encouraged to apply for this funding by completing the [application](#) and submitting it through their campus Dean of Student Development Office.

[Click here for GAP Scholarship information.](#)

Military and Veteran Resources

[CCAC Military and Veterans Services – See under CCAC Departmental Resources](#)

PA Serves – Greater Pittsburgh: A program for military veterans, service members and their families to aid them in connecting with resources in the greater Pittsburgh area. Regardless of discharge status, students may qualify for resources in the community. Services coordinated include applying for VA benefits, Education, Financial Assistance, Healthcare, Housing, Legal, Social Activities/Meeting Fellow Vets, Mentoring, Sports & Fitness, and Spouse and Family Support. Contact your campus [Military and Veterans Student Success Facilitator](#) for an internal referral to PA Serves and case management.

[Click here for a link to PA Serves – Greater Pittsburgh website.](#)

The Vet Center: The Vet Center has multiple counseling centers around Pittsburgh and provides a wide range of free social and psychological services to veterans who served in combat and their families, including professional readjustment counseling. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services.

[Click here for a link to The Vet Center PA Locations website.](#)