

UNPACK U



University of
Pittsburgh

ACADEMIC COURSES

WELLNESS AND RESILIENCE - PITT 1510

This honors course uses psychotherapy techniques to ease students' minds and improve their lives. Students learn positive habits like mindfulness, and even learn how to influence others, the break down of the psychology behind why these mental tricks work, and how to apply the concepts to their own lives.

LEARN MORE: <https://www.honorscollege.pitt.edu/wellness>

ON-CAMPUS RESOURCES CARS TEAM

The Care and Resource Support (CARS) Team accepts referrals, problem solves, and responds to student behavior identified as reasonably causing concern for students' health, welfare, and safety.

LEARN MORE: <https://www.studentaffairs.pitt.edu/cars/>

COLLEGIATE RECOVERY PROGRAM - PANTHERS FOR RECOVERY

The Collegiate Recovery Program (CRP) provides a safe, nurturing and affirming environment where students in recovery from substance use can receive the assistance and support they need to achieve academic success and meet personal goals while in college. The CRP facilitates a supportive, stigma-free community of students in recovery through individual, academic, social, and recovery support. Due to the

pandemic, support will be done virtually. The Association of Recovery in Higher Education's student interns have created weekly Zoom gatherings, group chats, and pen pals to keep students across the nation connected and supported through COVID-19.

LEARN MORE:

<https://www.studentaffairs.pitt.edu/shs/education/collegiate-recovery-program/>

DISABILITY RESOURCES AND SERVICES

Disability Resources and Services (DRS) is the designated department by the University to determine reasonable accommodations and services. At the University of Pittsburgh, we are committed to providing equal opportunities in higher education to academically qualified students with disabilities. The DRS is fully operational from a remote position where disability specialists can be reached via email, phone, or through a scheduled phone or video appointment.

LEARN MORE:

<https://www.diversity.pitt.edu/disability-access/disability-resources-and-services>

INTERFAITH OFFICE

The Office of Interfaith Dialogue and Engagement strives to create spaces for interfaith dialogue to occur, build bridges for relationships to develop, and encourage people in both secular and religious communities to strive for unity in diversity.

LEARN MORE: <https://www.studentaffairs.pitt.edu/oid/>

LATE-NIGHT MINI-GRANT PROGRAM

The Late Night Mini-Grant Program is designed to support alcohol-free, late-night social and recreational programming for undergraduate student groups.

LEARN MORE:

https://www.studentaffairs.pitt.edu/wp-content/uploads/2016/03/SHS_ATF_Mini-Grant_Application_2019_to_2020.pdf

LET'S (TELE)TALK

Let's (tele)Talk is a virtual service that offers informal, confidential consultation with a clinician from the University of Pittsburgh Counseling Center. Let's (tele)Talk consultations are 15 minutes and free for all enrolled University of Pittsburgh students.

LEARN MORE: <http://www.studentaffairs.pitt.edu/cc/outreach/lets-talk/>

PANTHERWELL

PantherWELL Peer Health Educators (PHEs) are resources for health topics made by students, for students. The PHE student leaders provide fun and interactive programs on a number of health topics to support the Healthy U initiative and mission of Student Health Service. Health topics include, but are not limited to, alcohol and other drugs, safer sex, mental wellness, and nutrition. Look on campus at Tower's Lobby and other locations, and even win some prizes.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/education/pantherwell/>

PITT PANTRY

Pitt Pantry is dedicated to ensuring that all members of the Pitt community have regular access to a balance and nutritious diet. The Pantry will be using a no-contact prepackaged box pickup due to the pandemic.

LEARN MORE: <https://www.studentaffairs.pitt.edu/pittserves/the-pitt-pantry/>

PSYCHIATRY SERVICES

Psychiatric services are now provided in the Student Health Service (SHS) by a board-certified psychiatrist who specializes in a wide variety of psychiatric services. A referral from either a Student Health Service clinician or therapist from the University Counseling Center or from the community is required.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/psychiatry-services/>

RECREATION FACILITIES

The Department of Campus Recreation manages several facilities and spaces throughout campus where athletic and recreational activities take place. Each space is scheduled and utilized to serve as many students and University personnel as possible.

LEARN MORE:

<http://www.studentaffairs.pitt.edu/campus-recreation/facilities-and-hours/>

RISE

RISE (Reaching Inside Your Soul” is the University’s commitment to student development, academics, socialization, mentoring, global awareness, and community. RISE provides students with a comprehensive learning experience designed to facilitate their success.

LEARN MORE: <http://www.rise.pitt.edu/about-program>

SAFE PEER EDUCATORS

SAFE (Sexual Assault Facilitation and Education) is a group of trained peer educators who are dedicated to educating their peers around topics such as relationship violence, sexual violence, consent, interpersonal communication and bystander intervention.

LEARN MORE:

<https://www.diversity.pitt.edu/education/title-ix-training/sexual-assault-facilitation-and-education-safe-peer-educators>

SHARE OFFICE

The SHARE Office, sexual harassment and assault response and education, offers resources to help Pitt members report, cope with, and prevent incidents of sexual misconduct or assault. Pitt is working towards implementing online services and programs that meet the needs of their students.

LEARN MORE: <https://www.studentaffairs.pitt.edu/share/>

STRESS FREE ZONE

The Stress Free Zone (SFZ) is a space where students can learn and regularly practice evidence-based, mind/body stress-reduction skills. These skills are primarily taught through mindfulness meditation, a form of attention training that involves an intentional, non-judgmental observation of the present moment.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/stressfree/>

STUDENT-ATHLETE DEVELOPMENT

In collaboration with the University of Pittsburgh's Career Center, the Cathy & John Pelusi Family Life Skills Program provides career and graduate school preparation services to student athletes through a variety of events and resources, including a career consultant specifically dedicated to student-athlete career development. Skills include career development and grad school prep, leadership development, personal development, financial education, alumni engagement, and community service.

LEARN MORE:

<https://pittsburghpanthers.com/sports/2019/4/2/cathy-john-pelusi-family-life-skills.asp>

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STUDENT EMERGENCY ASSISTANCE FUNDING

The Office Provost, Office of Philanthropic & Alumni Engagement, Student Government Board, the Graduate & Professional Student Government, and the Division of Student Affairs have collaborated to make a fund that supports students with unanticipated and insurmountable expenses related to emergency situations.

LEARN MORE:

<https://www.studentaffairs.pitt.edu/dean/student-emergency-assistance-fund/>

STUDENT HEALTH SERVICE

The Student Health Service provides telemedicine and in-person appointments to students who need medical assistance. The SHS health care program includes an outpatient clinic with an array of medical services, a full-service pharmacy, and robust health education programming.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/>

THERAPY ASSISTANCE ONLINE

It may be helpful to think of TAO as a private, online library of engaging, interactive programs to learn life skills and to help students bounce back from disappointments or stumbling blocks in life. As students watch videos and engage with their interactive components, they'll gain the knowledge, self-awareness, and skills they need to achieve their goals.

LEARN MORE: <http://www.studentaffairs.pitt.edu/cc/therapy-assistance-online/>

UNIVERSITY COUNSELING CENTER

UCC services are provided by a multidisciplinary staff of licensed mental health professionals, including clinical social workers, professional counselors, psychologists, and advanced graduate trainees in various mental health disciplines. All students (undergraduate and graduate) enrolled at the University, registered for classes and having paid the Wellness Fee, are eligible for our services.

LEARN MORE: <https://www.studentaffairs.pitt.edu/cc/about/scope-of-services/>

UCC VIRTUAL GROUP THERAPY

Pitt encourages students to select a group that fits their schedule and interests. Within a few days of submitting this form, the student will be contacted by a clinician at the UCC to schedule a screening. Prior to attending a group, all members must complete a screening appointment. Some virtual groups that are being held this summer are "ACT for Anxiety & Depression," "Racial Stress & Trauma Group," and "Trauma Support Group."

LEARN MORE: <https://www.studentaffairs.pitt.edu/cc/group/group-selection/>

WESTERN PSYCHIATRIC HOSPITAL

UPMC Western Psychiatric provides behavioral health services for a wide variety of mental disorders and conditions. They also provide telepsychiatry for those who are not available in person.

LEARN MORE: <https://www.upmc.com/locations/hospitals/western-psychiatric>

WELLNESS WORKSHOPS

- Wellness Workshops are interactive, educational presentations focused on a wide variety of mental health-related topics. All workshops are 45-60 minutes in length and are drop-in format (no appointment needed). Due to the pandemic, all workshops will be online.
- LEARN MORE: <https://www.studentaffairs.pitt.edu/cc/workshops/>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds is a nonprofit organization working to utilize the student voice to change the conversation about mental health on college campuses. They develop peer education programs, host speakers, connect students to resources such as the counseling center, private counseling, and resolve Crisis Services; share strategies for managing illness; and advocate for mental health reform and conversation on campus.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/activeminds>

CHAARG

CHAARG, changing health, attitudes, and actions to recreate girls, is a women's empowerment health and wellness club that focuses on physical health. Due to the pandemic, they connect their members through different types of virtual workouts on a weekly basis.

LEARN MORE: <https://chaarg.com/university-of-pittsburgh/>

IT'S ON US

It's On Us and all its affiliates work to combat sexual assault on Pitt's campus through interactive, informative, on-campus events.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/itsonus>

RAINBOW ALLIANCE

The Rainbow Alliance is an organization that provides for the concerns and interests of marginalized sexual orientations and gender identities including, but not limited to, the lesbian, gay, bisexual, transgender, queer, intersex, asexual, and allied communities. This organization, which fosters an atmosphere of awareness and acceptance of all individuals, will provide the University of Pittsburgh community with the means to accomplish these goals.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/rainbowalliance>

NATIONAL ALLIANCE ON MENTAL ILLNESS AT PITT

NAMI at Pitt is a mental health advocacy group. They hope to raise awareness on mental illness, break mental health stigma, and help those in need get the services they deserve.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/nami>

OAKLAND OUTREACH

Oakland Outreach is a club geared towards helping under-served populations in the Oakland-Pittsburgh area and enhancing mental health literacy. Their goal is to introduce active opportunities to our members regarding serious mental illnesses (SMI).

LEARN MORE:

https://www.facebook.com/pg/OaklandOutreachPitt/about?ref=page_internal

OUTLAW

OUTlaw is a LGBTQA+ student organization at the University of Pittsburgh Law School.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/outlaw>

PITT UNMUTED

- Unmuted's purpose is to provide and maintain a safe space for sexual assault survivors. Unmuted is meant to be a place of healing and reflection for the Pitt community. In addition, the club organizes on-campus exhibitions and events to raise awareness about the stories of sexual assault survivors and people who have experienced intimate partner violence.
- LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/pitt-unmuted>

ADDITIONAL RESOURCES

PITT GRIT

PITT GRIT is a Youtube series on the Pitt Student Affairs channel where students and faculty members share how they showed resilience through difficult times.

LEARN MORE: <http://www.studentaffairs.pitt.edu/cc/pitt-grit/>

PITT HEALTHY U

An Instagram and Facebook account made by the wellness center that takes a holistic approach on health. They believe that true wellness is an integration of various elements of a student's life including financial, occupational, spiritual, emotional, intellectual, environmental, social and physical well-being. In light of the COVID-19 outbreak, they have compiled a series of tips and resources for students to continue to support their overall wellness during this challenging time.

LEARN MORE: <https://www.instagram.com/pitthealthyu/>
https://www.facebook.com/pg/PittHealthyU/posts/?ref=page_internal

PITT THRIVES

Instagram account that shares Pitt wellness resources and positivity posts. Their account includes tips, events, and quotes to uplift and help Pitt students maintain their mental health.

LEARN MORE: https://www.instagram.com/pitt_thrives/

POWER OF PITT

The Power of Pitt website gives guidelines, research, activity ideas, and updates about COVID-19 on Pitt's campus.

LEARN MORE: <https://www.coronavirus.pitt.edu/>