



The following resources were selected and compiled by faculty to provide resources for Fieldwork Educators to support student wellbeing.

Student Support Resources

The following resources are available to students of the University of Pittsburgh. Fieldwork educators are encouraged to remind students to access these resources to support student wellbeing.

Care & Resource Support

- [Care Managers](#) – centralized case management team that educates and connects students to a variety of campus and community resources to help them meet their needs
- [Care Advocates](#) – a confidential resource for any Pitt student with experiences of identity-based misconduct (violence, discrimination, bias, and/or harassment)
- [SHRS Brave Space](#) – a supportive place to meet, study or for leisure; Fifth and Halket, 8th Floor
- [Togetherall](#) – a free and anonymous peer-to-peer online community specifically for mental health and well-being concerns; Togetherall is available 24/7; [sign-up](#) with your Pitt email
- [Pitt Pantry](#) – serves to increase food security among the Pitt community; food, household items and toiletries at no cost
- [Brave Space Pantry](#) – food and resource pantry within SHRS; Fifth and Halket, 8th Floor and Bridgeside Point I, 5th Floor.
- [Hardship Funding and Assistance](#) – resources for Pitt students facing financial hardship, including emergency funding and meal assistance
- [Thriftsburgh](#) – student-run on-campus thrift store; all items in the store are \$10 or less

Health & Wellness

- [Student Health Services](#), 412-383-1800, Nordenberg Hall – Wellness Center, 119 University Place
- [Counseling Center](#), Nordenberg Hall – Wellness Center, 119 University Place, 412-648-7930 [Services](#) (24-hour Crisis Response, Drop-In Services, Ask a Therapist, Wellness Workshops, Group Counseling, Individual Counseling, Care Coordination, Couples & Relationship Counseling, Gender Affirmation Support Services, Substance Use Services, Outreach, Psychiatry Services at Student Health Services, Connecting with an Off-Campus Provider, Higher Education & Assessment Response Team (HEART), Togetherall Online Peer-to-Peer Support, Peer Support Communities)
- [Ask a Therapist](#), a free drop-in service that offers informal, confidential consultation with a clinician from the University of Pittsburgh Counseling Center
- [Get Help Now](#) – for Yourself or Someone Else
- [Stress Free Zone \(SFZ\)](#) – a space on the 3rd floor of the William Pitt Union where students can learn and regularly practice evidence-based, mind/body stress reduction skills.; SFZ also provides outreach programs
- [Resolve Crisis Services](#), 1-888-796-8226 – free, 24-hour, 365-day crisis services for people experiencing a problem, large or small, and need help
- [988 Suicide & Crisis Lifeline](#), call 988 – free emotional support to people in suicidal crisis or emotional distress 24/7
- [The Crisis Text Line](#), text HOME to 741741 – free text message service for people in crisis 24/7