

Allegheny County

African American Mental Health Resource Guide

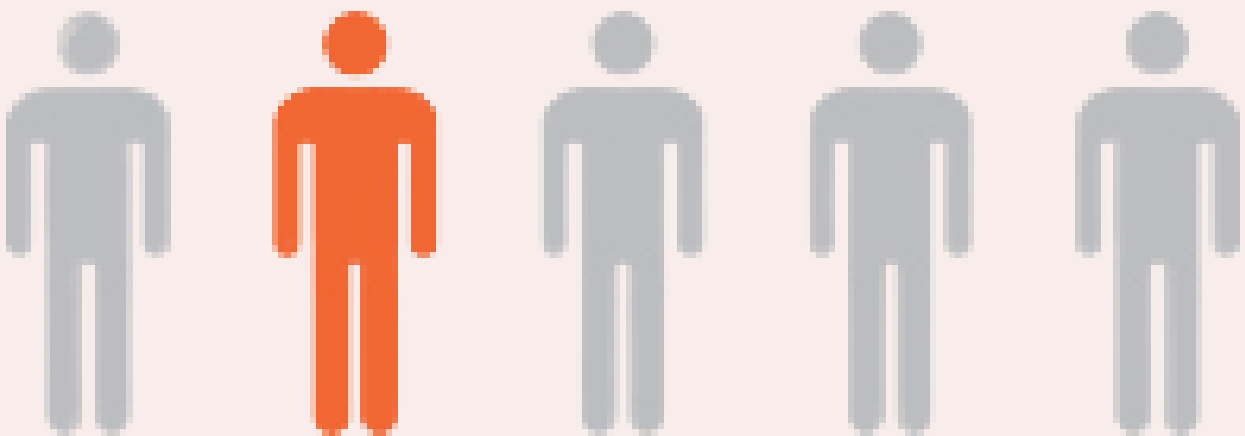


WHAT IS MENTAL ILLNESS?

A mental illness is a medical condition that affects a person's thinking, feeling, or mood. It can also disrupt someone's ability to relate to others and function on a daily basis.

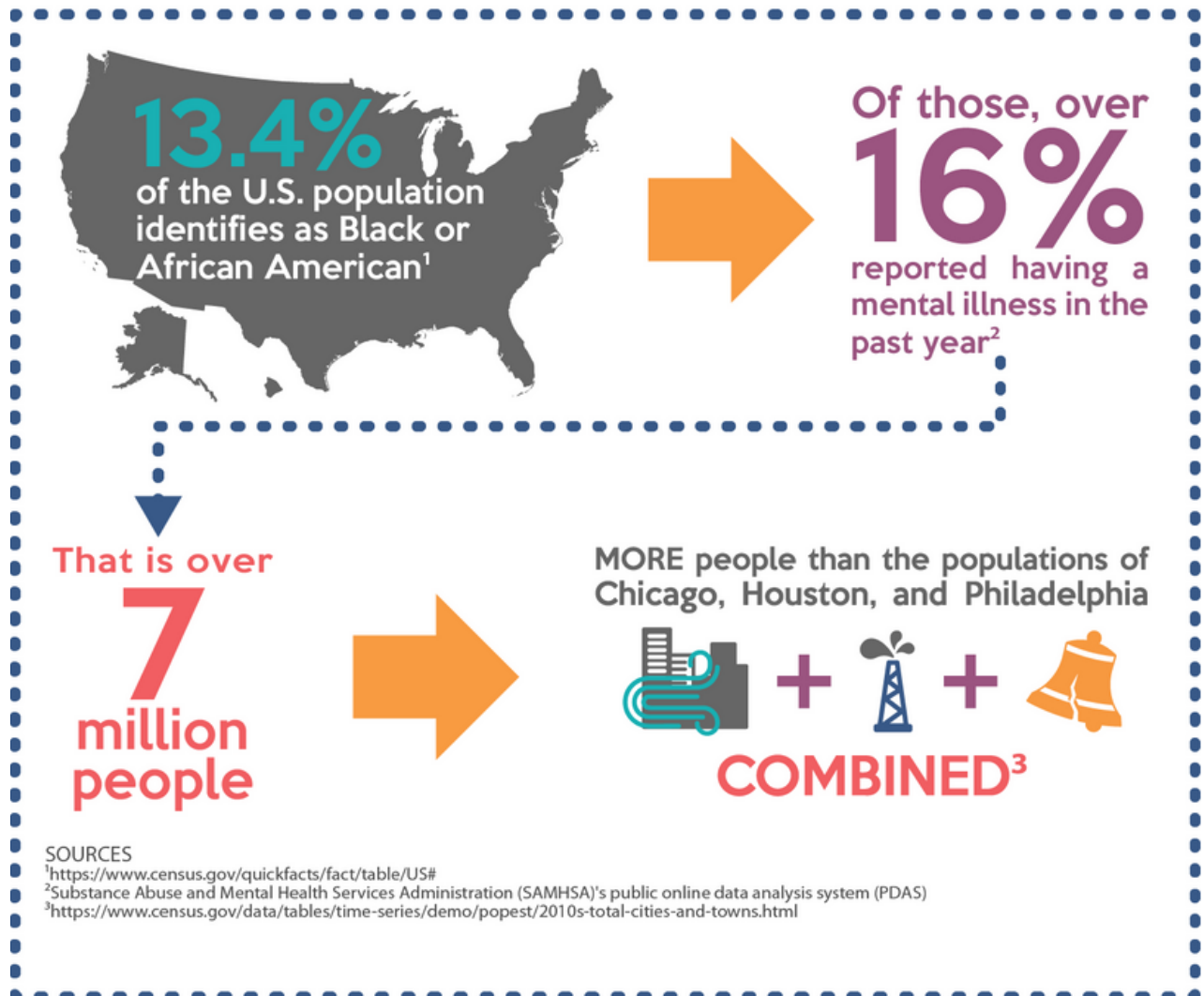


Mental illnesses can affect people of any age, race, religion, or income.



**1 IN 5 AMERICANS IS DIAGNOSED WITH MENTAL
ILLNESS EVERY YEAR**

African American Communities and Mental Health



Graphic Source: Mental Health America - <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>

Experiences will differ, but mental illnesses are treatable and people diagnosed with a mental illness can have relief from their symptoms by actively participating in an individual treatment plan.

Common Types of Mental Illnesses

Anxiety disorders are a group of related conditions, each having unique symptoms. However, all anxiety disorders have one thing in common: persistent, excessive fear or worry in situations that are not threatening.

Substance use disorders — the repeated misuse of alcohol and/or drugs — often occur simultaneously in individuals with mental illness, usually to cope with overwhelming symptoms. The combination of these two illnesses has its own term: dual diagnosis, or co-occurring disorders. Either disorder (substance use or mental illness) can develop first.

Traumatic events—such as an accident, assault, military combat or natural disaster—can have lasting effects on a person's mental health. While many people will have short term responses to life-threatening events, some will develop longer term symptoms that can lead to a diagnosis of **Posttraumatic Stress Disorder (PTSD)**

Bipolar disorder is a mental illness that causes dramatic shifts in a person's mood, energy and ability to think clearly. People with bipolar experience high and low moods—known as mania and depression—which differ from the typical ups-and-downs most people experience.

Depressive disorder, frequently referred to simply as depression, is more than just feeling sad or going through a rough patch. It's a serious mental health condition that requires understanding and medical care.

Obsessive-compulsive disorder (OCD) is characterized by repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions). Although people with OCD may know that their thoughts and behavior don't make sense, they are often unable to stop them

Schizophrenia is a serious mental illness that interferes with a person's ability to think clearly, manage emotions, make decisions, and relate to others. It is a complex, long-term medical illness.





Healing is Possible

**WITH THE RIGHT
RESOURCES**



Therapists

A person trained in the use of psychological methods for the treatment of mental or emotional problems.

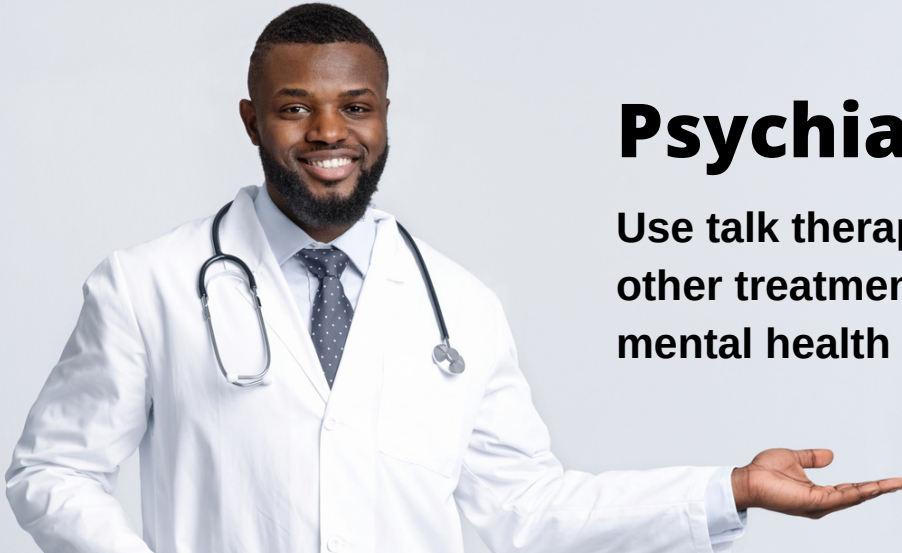
Counselors

Focus may be on problem solving or on learning specific techniques for coping with or avoiding problem areas.



Psychiatrists

Use talk therapy, medications, and other treatments to treat people with mental health conditions.



Psychologists

Can make diagnoses and provide individual and group therapy.



HOW TO ACCESS YOUR INSURANCE TO FIND SERVICES.

Check your description of plan benefits—it should include information on **behavioral health services** or coverage for **mental health and substance-use diagnoses**. If you still aren't sure, contact your insurance company directly and ask to speak with customer service or a *"Health Concierge."*

HOW TO MAKE THERAPY AFFORDABLE

1. First, check your insurance. Ask your therapist about sliding scale options, discounted rates, or shorter sessions.
2. Look into community mental health centers.
3. Check out online therapy services or see if your therapist offers online sessions.

THERAPISTS

East End Therapists LLC

6301 Forbes Ave.

Pittsburgh, PA 15217

412-206-1411

info@eastendtherapist.com

Adaptive Behavioral Health

204 North Highland Ave.

Pittsburgh, PA 15206

412-661-7790

adaptivebehavioralservices.com

Specializes In: Trauma, PTSD,
Addiction, Anger Management

Social Work Consulting and Counseling, LLC also DBA Mental Health Ts

Phone: 412-204-6934

Email: SWCC.help@gmail.com

Website: www.mentalhealthts.us

www.swcchelp.com

Healing Together

Mareena Woodbury-Moore, LPC

409 Dinwiddie St.

Pittsburgh, PA 15219

412-589-7862

Healingtogetherwellnesscenter.com

info@healingtogetherwellnesscenter.com

Specializes in: Anxiety, Depression,
Family Conflict, Individuals and Couples

Anchored Child & Family Counseling

Tamara Hill

4232 Northern Pike

Monroeville, PA 15146

412-710-2966

Specializes in: Behavioral Issues,
Trauma, PTSD, Child & Adolescent

Intentional Simplicity LLC

Sarafina Arthur-Williams

Carnegie, PA 15106

412-294-8708

Specializes in: Racial Identity, Life
Transitions, Woman's Issues

Counseling & Wellness Center of Pittsburgh

9401 McKnight Rd.

Ste. 302

Pittsburgh, PA 15237

412-322-2129

Specializes In: Substance Use,
Relationship Issues, Mood Disorders

THERAPISTS

Serenity Life Management Group

Dominique J. Stevens-Young

Penn Hills, PA 15235

412-525-7392

Specializes In: Anxiety, Life
Transitions, Racial Identity

Focus On Life LLC

Denetta Benjamin, LCSW

1717 Penn Ave.

Brittany Apartments Office
Ste. 5009

Pittsburgh, PA 15221

412-453-2244

Specializes In: Depression, Life
Transitions, Addiction

Reed Counseling Services

Ms. Talisa Reed

Pittsburgh, PA 15217

412-888-0438

Calm Space Counseling and Consulting LLC

Ms. Carla Adams

East Pgh, PA 15112

412-858-8050

calmspace12@gmail.com

Specializes In: Trauma/PTSD,
Domestic Abuse, Divorce

Agape Wellness Centre

Verona, PA 15147

724-888-5176

Specializes In: Trauma/PTSD,
Woman's Issues, Depression

Vision Towards Peace Counseling Services

Erica Givner, LCSW ~ Owner/Lead
Clinician

619-613 Wood St, Wilkinsburg, PA
15221

412-223-5885

Natasha Novikova

9800a McKnight Rd., Ste. 312

Pittsburgh, PA 15237

412-453-4104

Specializes In: Anxiety, Emotional
Disturbance, Depression

LaBaron W. Stevens, LPC

3203 Maryland Ave.

Lower Level

North Versailles, PA 15137

412-501-3254

Specializes In: Anger Management,
Depression, Family Conflict

THERAPISTS

Community Counseling Therapeutic Center

Marcus Flournoy, LCSW
733 N. Highland Ave.
Pittsburgh, PA 15206
412-200-0555

Specializes In: Trauma/PTSD,
Depression, Anxiety

Choosing Destiny and Center for Relational Change

4721 McKnight Rd.
Pittsburgh, PA 15237
412-218-3766

Specializes In: Trauma/PTSD,
Family Conflict, Marital and
Premarital

Hand in Hand Counseling Service LLC

10 Duff Rd. Ste. 201
Pittsburgh, PA 15235
412.871.5391

Specializes In: Depression, Anxiety,
Adjustment, PTSD, Trauma, Stress,
Self-Care

www.hihcounseling.com
info@hihcounseling.com

Open Mind Wellness Counseling Services

305 S. Craig St. Ste. 200
Pittsburgh, PA 15213
412-312-4380

Specializes In: Depression, Anxiety, Life
Transitions

GSM Therapeutic and Consulting Services LLC

Genafie McKnight, MSW, LCSW
322 North Shore Ave.
Suite 200 Building B
Pittsburgh, PA 15212
412-770-3139
gsmtherapeutics.com

Hope Deals Counseling and Consulting

201 Penn Center Blvd
Ste 400, Pittsburgh, Pa, 15235
412-219-5978

Specializes in: Greif, Trauma
info@hopedeals.net

THERAPISTS/ PSYCHOLOGIST

Theresa D. Edwards, LSW

100 James Place Ste. A
Monroeville, PA 15146
412-339-1785

Specializes In: Dual Diagnosis,
Trauma/PTSD, Relationship
Issues

Avis Moorehead, LCSW, LLC

20 Cedar Blvd. Ste. 410
Pittsburgh, PA 15228
412-387-5036

Specializes In: Anxiety, ADHD,
Stress

A Key To Peace, LLC

Akeya Kester, MS, LPC, CCTP

Pittsburgh, Pa 15221
412-728-8457

akey2peace@gmail.com

akey2peace.com

Specializes in: Anxiety, Depression,
Substance Abuse, and Multicultural
Concerns

Community Psychiatric Centers

Tamara A. Richards, M.A, NCC
135 Cumberland Rd
Pittsburgh, PA 15237
412-372-8000

Specialize in Children with Autism and
Attention Deficit/ Hyperactivity
Disorder

Psychologists

Charma D. Dudley, Ph.D., FPPR

Licensed Psychologist

733 N. Highland Ave.

Pittsburgh, PA 15206

412-821-1538; 412-445-5504

cdudley610@aol.com

Avellar Warden Psychological

Associates, PLLC

Kimberly N. Champion, PsyD

Psychotherapist,

kchampion.awpa@gmail.com

(412) 437-8298

OTHER SERVICES

pAin't No Stress Alycia Washington, MSW

pAin't No Stress helps others feel the freedom that comes with creating art. Painting is a release. It's a great way to channel your feelings and build community.

paintnostressbyalyciarenee@gmail.com

T.H.A.W. (Transforming the Health of African American Women)

T.H.A.W. Inc. is the B.E.A.M.

We provide educational, tangible, and emotional support, creating an environment for change. We are the real BEAM of Light which helps show a clear path to change.

B. Balance
E. Educate
A. Acceptance
M. Maintenance

412-865-9343
Thawinc.org
info@thawinc.org

Allegheny Family Network George Fleming, Program Supervisor of Outreach and Engagement Specialist/Trainer

Parent Support Line
1-888-273-2361

CHATLine offers a well-trained and experienced Family Support Partner with personal experience raising a child with behavioral issues who can help with connections to community services, negotiating different systems, or emotional support.

SisTers PGH

A BLACK and TRANS led non-profit organization that serves POC, trans, and nonbinary people with resources and services
info@sisterpgh.org

Houze of Waxx
The Hyve Virtual Wellness Circle
The Hyve is a place where you can get support, inspiration and education in a safe non-traditional haven
www.waxxmentalhealth.org
houzeofwaxxrecords@gmail.com
houzeofwaxx@facebook
houzeofwaxx@instagram
houzeofwaxx@TicToc

The **NAMI Black Minds Matter Support Group** is a peer-led support group for adults dedicated to the overall wellness of Black Minds. This is a **free support group** for anyone in the Black Community, led by facilitators of color.

You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who have been there.

Learn More:

<https://namibuckspa.org/support-and-education/support-groups/african-american-connection-group/>





Special Thanks:

Denetta Benjamin-Miller, LCSW

George Fleming

Alycia Washington, MSW

Genafie McKnight, MSW, LCSW

TerriLynn Smith, MSPC

T.H.A.W. Inc.

Thank you for your contributions
to this resource guide.

If you are interested in being featured in the
resource guide, please email
abarnett@namikeystonepa.org



National Alliance on Mental Illness

nami

**Keystone
Pennsylvania**

If you have questions about mental health or need additional resources please contact:



Aleta Barnett

**Director of Education and
Support Services**

NAMI Keystone Pennsylvania

412-366-3788

abarnett@namikeystonepa.org

Connect with us:

Web: www.namikeystonepa.org

Email: info@namikeystonepa.org

HelpLine: 1-888-264-7972

Social: @NAMIKeystonePA

#NAMIKeystonePA

