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

www.namikeystonepa.org
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.

Source: National Alliance on Mental 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.
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

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

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

Counseling & Wellness Center of Pittsburgh
9401 McKnight Rd.
Ste. 302
Pittsburgh, PA 15237
412-322-2129
Specializes In: Substance Use, Relationship Issues, Mood Disorders
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
Community Counseling Therapeutic Center
Marcus Flournoy, LCSW
733 N. Highland Ave.
Pittsburgh, PA 15206
412-200-0555
Specializes In: Trauma/PTSD, Depression, Anxiety

Open Mind Wellness Counseling Services
305 S. Craig St. Ste. 200
Pittsburgh, PA 15213
412-312-4380
Specializes In: Depression, Anxiety, Life Transitions

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

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

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

Hope Deals Counseling and Consulting
201 Penn Center Blvd
Ste 400, Pittsburgh, Pa, 15235
412-219-5978
Specializes in: Greif, Trauma
info@hopedeals.net
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
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.

tnostressbyalyciarenee@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:

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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

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

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NAMI Keystone Pennsylvania  
412-366-3788  
abarnett@namikeystonepa.org

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Web: www.namikeystonepa.org  
Email: info@namikeystonepa.org  
HelpLine: 1-888-264-7972  
Social: @NAMIKeystonePA  
#NAMIKeystonePA