

Allegheny County

African American Mental Health Resource Guide



Keystone
Pennsylvania

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.

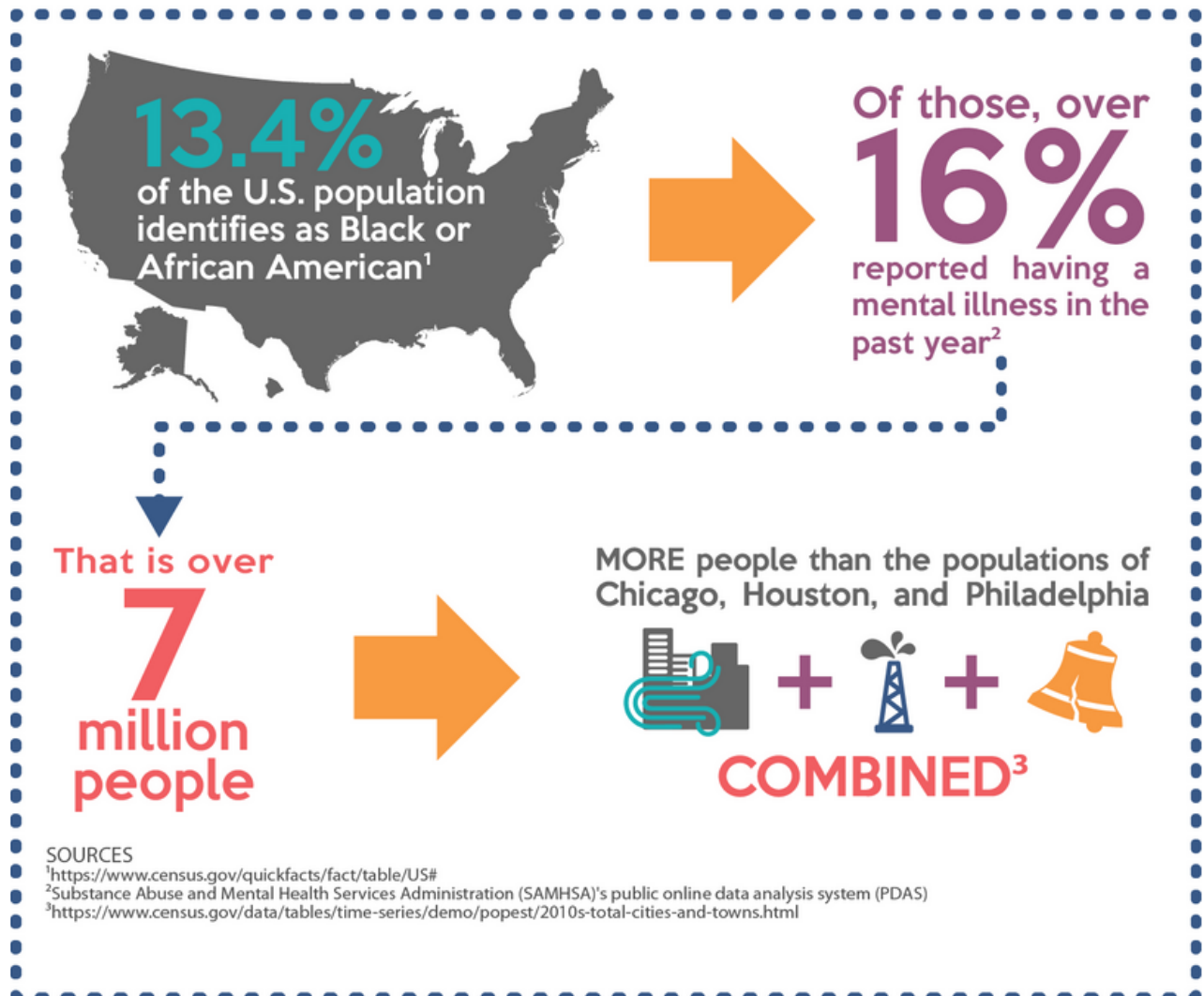


Mental illnesses can affect people of any age, race, religion, or income.



**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.



Healing is Possible

**WITH THE RIGHT
RESOURCES**

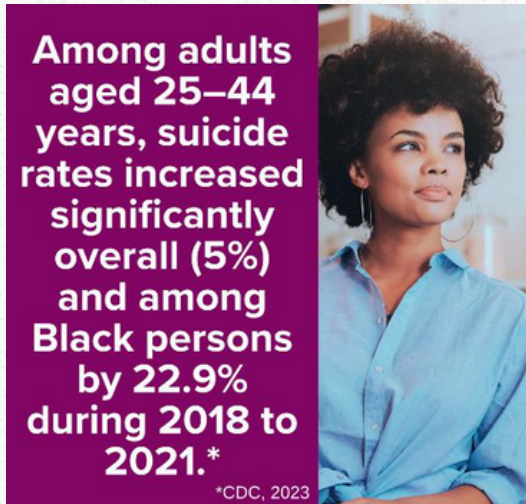
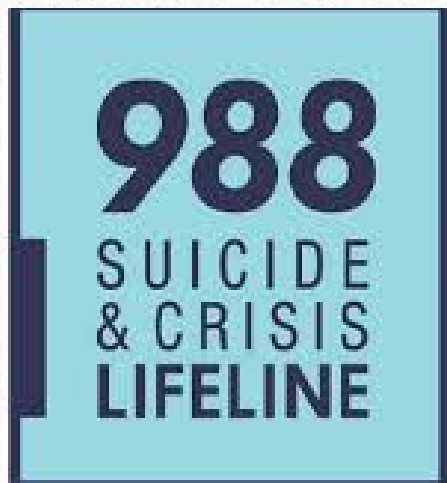
988 Suicide & Crisis Lifeline:

We can all help prevent suicide. The 988 Lifeline provides 24/7, free, and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

The 988 Lifeline is a service that is available to provide immediate crisis counseling when it is needed. Due to stigma, lack of culturally competent providers, mistrust of medical providers due to historical abuse, cost or a lack of insurance, and/or limited options in their area, Black adults and youth often experience multiple barriers to care.

Wellness among Black communities is not a one-size-fits-all approach.

In this guide you will find resources to support yourself, a loved one, and other members of the Black community.





Therapists

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

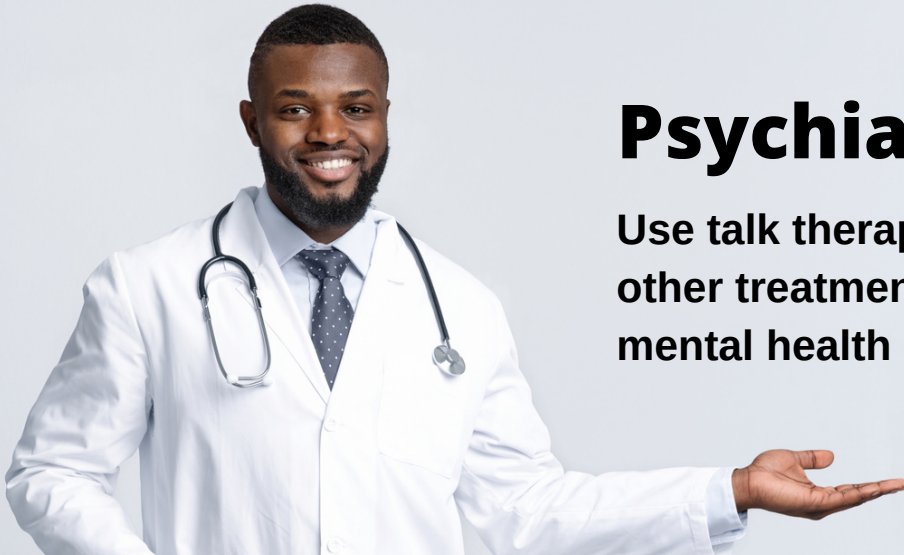
Counselors

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



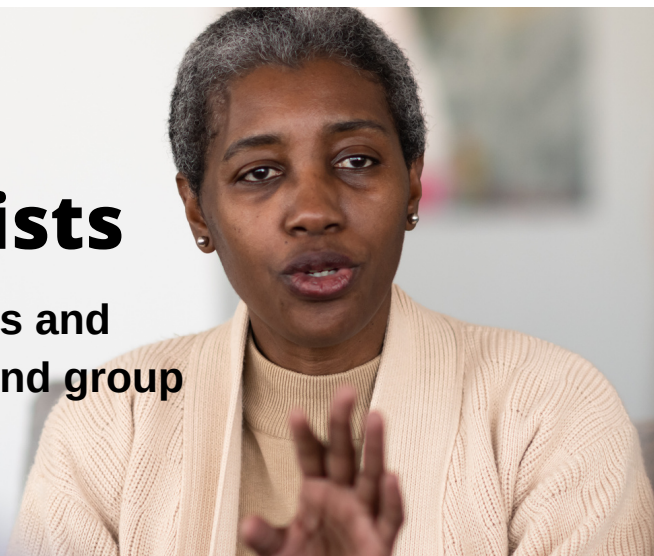
Psychiatrists

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



Psychologists

Can make diagnoses and provide individual and group therapy.



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.



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

For My Good Counseling Services, LLC

6031 Saltsurg Road
Verona Pa 15147
(412) 228-0714 (office)

Specialize: Children/Adolescents,
Depression, Anxiety, Women Issues,
Behavioral Issues, Spiritual Counseling

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

YOUTH AND FAMILY RESOURCES

Hosanna House Inc.

807 Wallace Avenue

Wilkinsburg, PA 15221USA

Phone: (412) 243-7711

Hosanna House, Inc. (HHI) is committed to working with families to support them in identifying health needs, identifying barriers to healthcare services, and providing connections to healthcare resources

Kingsley Association

6435 Frankstown Avenue

Pittsburgh, PA 15206

P: (412) 661-8751

info@kingsleyassociation.org

Over the years, Kingsley has provided a variety of programs to neighborhood residents in East Liberty, Larimer, and other East End communities. Programs have included Boys and Girls Clubs, infant-care programs, music lessons, cooking and home economics classes, swimming, basketball, boxing, senior citizen classes, arts and crafts classes, camping, educational and career guidance, and so much more!

Allegheny Family Network

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.

We Are Beautiful Outreach Programs, Inc

6031 Saltsburg Road

Verona, Pa 15147

(412) 228-0714

We Are Beautiful Outreach Programs

Inc., is dedicated to building self-esteem and cultivating the beauty within each girl and young woman. We Are Beautiful Outreach Programs aims at promoting **Self-Confidence**, **Self-Acceptance**, and **Self-Love**. We inspire girls and young women to embrace their unique qualities and recognize their inherent beauty, both inside and out.

Our Motto is “Cultivate the Beauty Within,” emphasizing the importance of embracing our unique qualities and accepting our perceived flaws as strengths.

YOUTH AND FAMILY RESOURCES

**Highmark Caring Place
Finding Hope In Grief**

**Denija DuCasse MS
Senior Grief and Clinical Services
Specialist, Outreach and Education
Coordinator**

**620 Stanwix Street
Pittsburgh Pa 15222
412-544-1815**

The death of a loved one is devastating to a child. The impact can be overwhelming and the children and family often need support. The Highmark Caring Place can provide that support through its various programs.

Thousands of community members are helped by the Caring Place each year at no cost through our peer support programs, and education, consultation, and referral services.

**OJ Macklin Foundation
OJ Macklin Fitness
trainwith@ojmacklinfitness.com
412-626-4323**

Oj's mission is to support, improve and empower physical and mental wellness for youth and their families through education and mentorship.

The foundation is committed to providing a space that will liberate underserved communities from health disadvantages.

Royally Fit is a community-based holistic healthcare organization providing products, programming and services for whole body wellness.

Royally Fit's Mission is to support community members as they strive to be fit in every aspect of wellness. We do so by facilitating health screenings, wellness workshops, providing education, treatment and continued care resources, amplifying the needs within disproportionately disadvantaged communities. We advocate for the equitable availability of mental, emotional, physical, nutritional and financial health services for all and also contribute to philanthropic causes as we facilitate healing.

Website: www.RoyallyFit.org

Facebook:

<https://www.facebook.com/RoyallyFitLLC/>

Instagram:

<https://www.instagram.com/royallyfitllc/>

TikTok:

<https://www.tiktok.com/@teamroyallyfit>

Wellness Support Group:

<https://www.facebook.com/share/z9fQa5Cxe9Stw3vr/?mibextid=K35XfP>

SUPPORT 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.

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

SisTers PGH

A BLACK and TRANS led non-profit organization that serves POC, trans, and nonbinary people with resources and services
SISTERS PGH
2014 Monongahela Ave
Swissvale, PA 15218
(412) 297-0548
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

NAMI Resources for the Black Community

NAMI Sharing Hope is a three-part video series that explores the journey of mental wellness in Black communities through dialogue, storytelling and a guided discussion

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. The link below:

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

Black Mental Health Summit Held in July

For Black Americans, historical trauma, discrimination, community violence, and economic insecurity all impact mental health. The summit addresses the unique challenges that members of **Pittsburgh's Black community** are facing, how stigma can be a barrier to seeking treatment, and the obstacles experienced when getting help. Date TBA.



If you are interested in being featured in the
resource guide, please email



Aleta Barnett
**Director of Mental Health
Equity and Community
Engagement**
NAMI Keystone Pennsylvania
412-366-3788
abarnett@namikeystonepa.org

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

Connect with us:

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

