Underinsured or Uninsured?

A Guide to Health Care Resources
in Allegheny County

Allegheny County

Health Department

June 2009

The most up-to-date version is available online at www.achd.net or
www.alleghenycounty.us/dhs/insurance.aspx
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Underinsured or Uninsured?

A Guide to Healthcare Resources in Allegheny County

The following is a list of clinics and health centers that serve people without health insurance or who are minimally insured. Most of the clinics and centers require an appointment, so a call is necessary to make an appointment and check hours of operation. Due to rising unemployment and growing numbers of people losing their health insurance, some clinics have seen increased demand, so it may take up to a month or longer to get an appointment as a new patient. To help with the process of getting reduced cost care, ask what documentation is needed to complete the application for assistance, as well as how much money is requested for the first visit.

Some of the providers listed in the following section offer assistance with behavioral health issues. For more comprehensive listings of resources devoted to mental health and substance abuse services, see the Mental Health and Substance Abuse Resources section (page 17), call 412-350-4457 or visit the Department of Human Services website at www.alleghenycounty.us/dhs/mhservices.aspx or www.alleghenycounty.us/dhs/substanceabuse.aspx

Central

Adagio Health Pittsburgh (formerly Family Health Council)

Kossman Building Suite 1000
Forbes and Stanwix
Pittsburgh, PA 15222
412-288-2140
http://www.adagiohealth.org

Insurance: Most insurance plans accepted.
Assistance: Sliding fee schedule for those without insurance.

Catholic Charities Free Health Care Center

Suite 301, 212 Ninth Street
Pittsburgh, PA 15222
412-456-6911
http://www.ccpgh.org

Insurance: Serves those without health insurance and who are not eligible for public or private insurance programs such as Medicare or Medicaid.
Assistance: Individuals may be eligible for free services if household income does not exceed 200% of federal poverty guidelines. Examples of income documentation include recent pay stubs, W2 form, recent tax return, benefit letter from Social Security, denial letter from Medical Assistance, verification of wages from employer, or Profit/Loss Statement for self employed.
Services Available: Appointments are needed for medical services, which include primary care, health screenings, chronic care management, women’s health and pharmacy assistance. Dental services provided include exams, teeth cleanings, x-rays, extractions and limited restorations. Call for appointment, current health center’s hours and information about what documentation to bring. In addition, Catholic Charities provides counseling services. See below for information about their counseling services.
Catholic Charities of the Diocese of Pittsburgh Counseling Services
212 Ninth Street
Pittsburgh, PA 15222
412-456-6999
http://www.ccpgh.org

Insurance: Highmark and several other health insurance plans accepted for mental health and family counseling.

Assistance: Sliding scale fee or state funding available for counseling clients without insurance; no one turned away for inability to pay.

Services Available: Individual, family, couple, and parent/child counseling; anger management classes and individual anger management counseling; therapeutic retreats for emotional and spiritual healing after abortion.

Hill District

Hill House Health Center - Primary Care Health Services, Inc
1835 Centre Avenue
Pittsburgh PA 15219
412-261-0937

Insurance: Most insurance plans accepted except for Aetna, Cigna, and Elder Health.

Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.

Services Available: Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, complete dental services, access to pharmacy, social services acts as a screening agency for Dollar Fund.

Magee at Bethlehem Haven
Fifth Avenue Commons
905 Watson St.
Pittsburgh, PA 15219
412-391-1348
http://magee.upmc.com/Locations.htm - Neighborhood

Insurance: Most insurance plans accepted.

Assistance: Programs available for those with low or no income or no insurance.

Services Available: Primarily for women. Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.
Strip District

The Midwife Center
2825 Penn Avenue
Pittsburgh PA 15222
412-321-6880
http://www.midwifecenter.org/

**Insurance:** Most insurance plans accepted for prenatal-OB care except for UPMC. For gynecological care, all medical assistance plans accepted. Clients with commercial insurance are responsible to check with their insurance carrier to confirm covered services prior to care.

**Assistance:** For uninsured, a contract with Adagio Health provides gynecological care and family planning on a sliding scale fee based on monthly income.

**Services Available:** Services only for women. With Woman Fridays: walk-ins on Fridays 1 p.m. – 4:30 p.m. for gynecological care, family planning, STD testing and treatment, mammography referrals, etc. Appointments can be made for these services on other days. A Spanish-speaking midwife is available for women whose primary language is Spanish.

North

Manchester Health Center - Primary Care Health Services, Inc.
1014 Sheffield Street Ste 100
Pittsburgh PA 15233
412-231-6700

Temporarily closed due to landlord renovations. Temporarily combined with West End Health Center.

North Side Christian Health Center
816 Middle St.
Pittsburgh PA 15212
412-321-4001
http://www.nschc.org

**Insurance:** Accepts most third party payments-Medical Assistance, Gateway, Best Health Care, Unison, Med Plus, and Access.

**Assistance:** Need proof of income for sliding scale fee for uninsured. Patients without insurance asked to pay whatever they can.

**Services:** Primary health care services as well as smoking cessation, full range of individual counseling available for existing patients, support groups for people with hepatitis, diabetes or HIV.

North listings continue on next page
North listings continue here

North Side Christian Health Care Center at Northview Heights
525 Mount Pleasant Rd.
Pittsburgh PA 15214
412-322-7500
http://www.nschc.org

**Insurance:** Accepts most health insurance plans.

**Assistance:** Sliding scale fee for uninsured based on household size and income.
Documented income such as a pay stub or notarized letter verifying income is needed, as well as proof of residency.

**Services:** Primary care for infants through seniors, smoking cessation, individual counseling, support groups, and Doctor Dad. **Hours of operation are limited, so a call is necessary to make an appointment and confirm when the clinic is open.**

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East

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Bloomfield/Garfield

Bloomfield/Garfield Family Health Center
5475 Penn Avenue
Pittsburgh PA 15206
412-361-7562

**Insurance:** Most insurance plans accepted except for Aetna and Unison Advantage.

**Assistance:** Can help patients apply for financial assistance with proof of income, household size, assets, housing costs, etc.

**Available services:** Diabetes education, mental health assessments and referrals (including adolescent), sports medicine, dermatology clinic, heart disease and diabetes prevention, social work services, gynecological services in partnership with Adagio Health Services.

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Braddock

Braddock Family Health Center- Primary Care Health Services, Inc
404 Braddock Avenue
Braddock PA 15104
412-351-6300

**Insurance:** Most insurance plans accepted except for Aetna, Cigna, and Elder Health.

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.

**Services Available:** Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services.
Clairton

Magee at Clairton - Clairton Health Center
559 Miller Avenue
Clairton PA 15025
412-233-7021
http://magee.upmc.com/Locations.htm - Neighborhood

**Insurance:** Most insurance plans accepted.

**Assistance:** Programs available for those with low or no income or no insurance.

**Services Available:** Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.

Duquesne

Duquesne Family Health Clinic–Primary Care Health Services, Inc.
Duquesne Plaza
Duquesne Blvd at Grant Ave
Duquesne PA 15110
412-466-6300

**Insurance:** Most insurance plans accepted except for Aetna, Cigna, and Elder Health.

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.

**Services Available:** Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services.

East Liberty

Adagio Health East Liberty (formerly Family Health Council)
211 North Whitfield St. Suite 850
Pittsburgh, PA 15222
412-661-2900
http://www.adagiohealth.org

**Insurance:** Most insurance plans accepted

**Assistance:** Sliding fee schedule for those without insurance

**Services Available:** Primarily for women. Pregnancy tests, birth control, emergency contraception, gynecological care, breast and cervical cancer screening. STD testing and treatment for both men and women. Sex education and pregnancy prevention.
**East Liberty Family Health Care Center** - Christian Ministry of Whole Person Healthcare  
6023 Harvard Street  
Pittsburgh PA 15206  
412-661-2802  
http://www.elfhcc.com/  

**Insurance:** Most insurance plans accepted, including Medical Assistance. Call to confirm.  

**Assistance:** People without insurance are asked to meet with social worker to determine eligibility for Medical Assistance and other programs. If not eligible, a sliding scale fee for services is based on household size and income.  

**Services Available:** General family practice, lab services, obstetric-gynecological care & pre-natal care, well-child care, immunizations, WIC services, hearing/vision screening, podiatry, asthma, blood pressure and diabetes control programs, drug/alcohol outreach/relapse prevention, individual counseling services, social worker available.

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**East End Community Health Center - Primary Care Health Services, Inc.**  
117 N Negley Avenue  
Pittsburgh PA 15206  
412-404-4000  

**Insurance:** Most insurance plans accepted including Medical Assistance. Call to confirm.  

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.  

**Services Available:** Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services.

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**Hazelwood**

**Hazelwood Family Health Center - Primary Care Health Services, Inc.**  
4918 Second Avenue  
Pittsburgh PA 15207  
412-422-9520  

**Insurance:** Most insurance plans accepted except for Aetna, Cigna, and Elder Health.  

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.  

**Services Available:** Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services.
Homewood-Brunston

Alma Illery Medical Center - Primary Care Health Services
7227 Hamilton Avenue
Pittsburgh PA 15208
412-244-4700

Insurance: Most insurance plans accepted except for Aetna, Cigna, and Elder Health.
Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.

Services Available: Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, complete dental services, mental health component, including, pharmacy, social services, health education, individual and group counseling, group therapy/education, skill development and transportation in selected cases.

Lawrenceville

Allegheny County Health Department
Tuberculosis Clinic and Program
3901 Penn Ave. 1st Fl.
Pittsburgh, PA 15224
412-578-8084
http://www.achd.net/infect/tuberculosis.html

This clinic provides walk-in Mantoux tuberculin skin testing (screening) for free on certain days. Medical evaluation, diagnostic testing and follow-up treatment if needed are available by appointment. For information on clinic hours, services and how to make referrals, call or go to their website.

Lincoln-Lemington

East Liberty Family Health Care Center - Christian Ministry of Whole Person Healthcare
7171 Churchland Street
Pittsburgh PA 15206
412-361-8284
http://www.elfhcc.com/

Insurance: Most insurance plans accepted including Medical Assistance. Call to confirm.
Assistance: People without insurance are asked to meet with social worker to determine eligibility for Medical Assistance and other programs. If not eligible, a sliding scale fee for services is based on household size and income.

Services Available: General family practice, dental services for adults and children, lab services, obstetric-gynecological care & pre-natal care, well-child care, immunizations, WIC services, hearing/vision screening, podiatry, asthma, blood pressure and diabetes control programs, social worker available.
McKeesport

**McKeesport 9th Street Clinic**

YWCA McKeesport  
410 Ninth Street  
McKeesport, PA 15132  
412-664-4304  
Dr. William Markle – Medical Director

**Insurance:** No insurance needed. Patients with insurance may be referred to community health centers if necessary.  
**Assistance:** Information about income and housing status is requested at visit.  
**Services Available:** Free primary health care for people without insurance. No appointments needed, but staff may limit the number of patients accepted depending on how busy the clinic is. Blood pressure and blood glucose screenings, physicals for jobs, housing, driver’s licenses, etc. Mental health assessment and referral.  
**Clinic Hours:** Thursday 5 pm-8pm

**McKeesport Family Health Center - Primary Care Health Services, Inc**  
627 Lyle Blvd  
McKeesport PA 15132  
412-664-4112

**Insurance:** Most insurance plans accepted except for Aetna, Cigna, and Elder Health.  
**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.  
**Services Available:** Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, youth mental health counseling for existing patients, access to pharmacy, social services.

**UPMC McKeesport**  
Latterman Family Health Center  
2347 Fifth Ave.  
McKeesport, PA 15132  
412-673-5504

**Insurance:** Accept Gateway, UPMC for You, Health America, Blue Cross, Keystone, Med Plus, and Medicare Assistance: Those without insurance are required to apply for Medical Assistance. If denied for MA, then must complete an application with documentation of income and family size for UPMC Financial Assistance for varying percentage of discounted care.  
**Services Available:** Primary care across the lifespan. Health Beginnings Program for OB patients, transportation provided for OB patients (Mobile Moms) and for pediatric patients up to 5 (Trips for Tots). Healthy Woman screenings. Contractor for family planning services for both men and women through Adagio Health (Family Health Council) and these services are obtainable through a sliding fee scale.
Monroeville

**Forbes Regional Family Practice**
2566 Haymaker Road  
Monroeville, PA 15146  
412-858-2760  
http://www.forbesfamilypractice.familydoctors.net/

This practice is a contractor for family planning services and gynecological care through Adagio Health (Family Health Council). For these services, a sliding fee scale is available for those without insurance. Healthy Beginnings program is available for pregnant women who qualify. Other health services are self-pay. For more information about family planning services or Healthy Beginnings call the practice or go to the website.

**Magee at Monroeville**
Magee Womancare Center-Monroeville  
Corporate One Office Park  
Building 2, Suite 315  
4075 Monroeville Blvd.  
Monroeville, PA 15146  
412-641-6722  
http://magee.upmc.com/Locations.htm - Neighborhood

**Insurance:** Most insurance plans accepted.  
**Assistance:** Programs available for those with low or no income or no insurance.  
**Services Available:** Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education

Oakland

**Allegheny County Health Department**
Immunization Clinic-Infectious Diseases Program  
3441 Forbes Ave. 3rd Fl.  
Pittsburgh, PA 15213  
412-578-8060  
http://www.achd.net/infectd/infect.html

Walk-in clinic that provides federally funded childhood immunizations free of charge to children through 18 years of age. WIC screening services free of charge. Adult immunizations such as flu and pneumonia vaccines are provided on a walk-in basis for a fee. Additionally, some anti-body screenings for many diseases are offered for a fee. Foreign travel consultation is free, but there are charges for appropriate travel vaccines. Free Mantoux tuberculin skin testing available on certain days. For more information about clinic hours, services and fees, call or go to the website.
Allegheny County Health Department
Sexually Transmitted Diseases Clinic and Program
3441 Forbes Ave. 1st Fl.
Pittsburgh, PA 15213
412-578-8081
http://www.achd.net/std/sextransdisease.html
This walk-in clinic provides free, confidential exams and treatment. For more information on clinic hours and services, call or go to the website.

Community Human Services Corp. -The Health Station
374 Lawn Street
Pittsburgh PA 15213
Bea Caruso 412-621-4706 Ext.13
http://www.chscorp.org
Insurance: Usually not needed.
Assistance: Sliding fee scale up to $20 per visit.
Services Available: Nursing services available to walk-ins during the day. Family practice physicians usually available one evening each week. Podiatry offered twice a month with appointment (Medicare only). Weekly exercise class on hold and may resume in future. Some in-home services. Health care for homeless populations. Residential mental health services.

Magee at Oakland - Outpatient Clinic
Magee Women’s Hospital
300 Halket St. – Zero Level
Pittsburgh, PA 15213
412-641-4455
http://magee.upmc.com/Locations.htm - Neighborhood
Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.
Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.

Matilda Theiss Health Center- UPMC Health System
373 Burrows Street
Pittsburgh PA 15213
412-383-1550
Insurance: Most insurance plans accepted.
Assistance: For those without insurance, proof of income is required. Payment of small fee for each visit is expected.
Services Available: Primary care across the lifespan. Comprehensive family and dental medicine, social services, day care facility, and food pantry. Some labs and medications available.
Rankin

Rankin Family Health Facility - Primary Care Health Services, Inc.
300 Rankin Blvd.
Rankin PA 15104
412-351-4555

Insurance: Most insurance plans accepted except for Aetna, Cigna, and Elder Health.
Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.
Services Available: Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services.

Squirrel Hill/Greenfield

Squirrel Hill Health Center
200 JHF Drive
Pittsburgh, PA 15217
412-422-7442
http://www.squirrelhillhealthcenter.org/about.html

Insurance: Accepts most insurance plans.
Assistance: Sliding payment scale available for those without insurance with documentation of income and household size.
Services Available: Primary care across the lifespan, psychiatric evaluations, individual and group therapy, family and couples counseling, medication management, tobacco cessation, health education and support groups. Dental services to established patients.

Wilkinsburg

Magee at Wilkinsburg
720 Penn Ave.
Wilkinsburg, PA 15221
412-731-3091
http://magee.upmc.com/Locations.htm - Neighborhood

Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.
Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.
Metro Family Practice, Inc.
901 B West Street
Wilkinsburg PA 15221
412-247-9144
http://www.metrofamilypractice.org

**Insurance:** All accepted.

**Assistance:** Financial aid application required with proof of income to determine eligibility for reduced fees for services and prescriptions (on-site pharmacy).

**Services Available:** Primary care across the lifespan. Individual counseling available for existing patients, referrals as necessary for smoking cessation, mental health, drug/alcohol, diabetes, obesity, HIV/AIDS, and dental services. Trained doula (coach for pregnancy, birthing and post partum care) available for pregnant women. Also provide care for the LGBT population.

Hosanna House
Wilkinsburg Family Health Center– Allegheny County Health Department
807 Wallace Avenue 2nd Floor Suite 203
Pittsburgh PA 15221
412-247-5216
http://www.hosannahouse.org/partner.htm

**Insurance:** Most insurance plans accepted except for Aetna.

**Assistance:** Application for sliding scale fee with documentation of income and family size. $10 minimum fee per visit.

**Services Available:** Free WIC recertification, primary care across the lifespan, podiatry, pregnancy tests, ob-gyn care.

South

Birmingham Free Clinic–The Program for Health Care to the Underserved
44 South 9th St
Pittsburgh, PA 15203
412-692-4706 Mary Herbert, Clinical Outreach Coordinator

**Insurance:** Services are solely for medically indigent (those without any health insurance). Patients with insurance, including Medical Assistance, will be referred to community health centers.

**Assistance:** Information about income and housing status is requested at visit.

**Services Available:** No appointments needed, but staff can limit the number of patients accepted depending on how busy the clinic is. Basic primary care, blood pressure and blood glucose screening, smoking cessation, physicals for jobs, housing, driver’s licenses, etc. **Patients must bring forms with them.** Mental health assessment and counseling by appointment only for existing patients.

Staff available for Spanish speaking clients on Saturday.

**Clinic Hours:** Monday 6 pm-9 pm, Wednesday 1 pm-4 pm, Saturday 10 am-1 pm
Homestead

Steel Valley Health Center - Primary Care Health Services, Inc.
1800 West Street, First Floor
Homestead PA 15120
412-461-3863

Insurance: Most insurance plans accepted except for Aetna, Cigna, and Elder Health.

Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.

Services Available: Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, access to pharmacy, social services.

Knoxville/Beltzhoover

Hilltop Community Healthcare Center
317 Climax St.
Pittsburgh, PA 15210
412-431-3520

Insurance: Most insurance plans accepted.

Assistance: Sliding payment scale for uninsured based on documentation of household income and size.

Services Available: Primary care across the lifespan, pediatrician available, podiatry services twice a month, basic dental services, health education.

Mt. Oliver

Magee at Mt. Oliver
1630 Arlington Ave.
Pittsburgh, PA 15210
412-488-2690

http://magee.upmc.com/Locations.htm - Neighborhood

Insurance: Most insurance plans accepted.

Assistance: Programs available for those with low or no income or no insurance.

Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.
McKees Rocks

Adagio Health McKees Rocks (formerly Family Health Council)
607 Chartiers Ave.
McKees Rocks, PA 15136
412-771-8794
http://www.adagiohealth.org

Insurance: Most insurance plans accepted.
Assistance: Sliding fee schedule for those without insurance


Sto-Rox Family Health Center
710 Thompson Avenue
McKees Rocks, PA 15136
412-771-6462
http://www.forstorox.org/FamilyHealthCenter.htm

Insurance: Most insurance plans accepted.
Assistance: Sliding payment scale for uninsured based on documentation of household income and size.

Services Available: Primary care across the lifespan, family health and dental care including family medicine, pediatrics, ophthalmology, podiatry, social services, obstetrics/gynecology, nutrition services, individual counseling, drug and alcohol recovery services.

West End Health Center - Primary Care Health Services, Inc.
415 Neptune St.
Pittsburgh PA 15220
412-921-7200

Insurance: Most insurance plans accepted except for Aetna, Cigna, and Elder Health.
Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $25 and proof of income and family size. Based on the scale, the visit may be billed for less than $25.

Services Available: Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, complete dental services, access to pharmacy, social services.
Mental Health and Substance Abuse Resources

Allegheny County Department of Human Services, Office of Behavioral Health

www.alleghenycounty.us/dhs/obh.aspx

The Allegheny County Department of Human Services Office of Behavioral Health contracts and monitors 109 community-based agencies, which provide an array of services designed to meet the mental health and substance abuse service needs of county residents. Round-the-clock telephone crisis intervention and mobile behavioral health crisis intervention services are available for all Allegheny County residents. Insurance coverage is not required. For those who qualify, the county also provides help with psychiatric prescription medication. See: Assistance with Psychiatric Prescription Medication on page 21.

24-Hour Crisis Hotlines

re:solve Crisis Network 1-888-7-YOU-CAN (1-888-796-8226)

Callers are put in touch with mental health and addiction counselors to receive immediate confidential crisis counseling and emergency support and may be referred for ongoing help. In addition, a mobile crisis team is available to come to the site of the crisis. Walk-in services and short-term overnight services are also available. Specialized teams are available for child, adolescent and family interventions. re:solve is made possible through the partnership of Allegheny County and the University of Pittsburgh Medical Center (UPMC) and Western Psychiatric Institute and Clinic (WPIC).

Behavioral Health Emergency Service—Allegheny County Information, Referral and Emergency Services (IRES) at 412-350-4457 or call 911.

This number answers 24-hours-a-day, seven-days-a-week and puts callers in touch with Allegheny County staff who can provide information, find someone to provide ongoing help or arrange involuntary examination and treatment, when needed. All involuntary commitments must go through this service (IRES) or the police department.

Drug and Alcohol Services

Non-Emergency Drug and Alcohol Questions:
Weekdays 8:00 a.m.- 4:00 p.m. 412-350-3328, TTY/TDD 412-350-3467
For after hours access and on weekends, the number is 1-800-553-7499

This is a toll-free number staffed by professional behavioral health counselors who can assist with accessing drug and alcohol services 24-hours-a-day, seven-days-a-week. Community Care Behavioral Health is the behavioral health managed care organization for Allegheny County Medical Assistance recipients and can also assist uninsured Allegheny County residents with information about available services as well as offer referrals to a wide continuum of drug and alcohol treatment services and providers.
Pennsylvania Association for Community Health Centers
http://www.pachc.com
1-866-944-CARE (2273)

This is the state association representing medical providers such as the Federally Qualified Health Centers that receive federal money to provide services to people without health insurance or who are minimally insured. These centers and other similar providers are located in underserved areas throughout the Commonwealth. The Pennsylvania Association for Community Health Centers is in the process of updating its online directory of clinics organized by county. While that process is being completed, people can call the toll free number listed above to ask about community health centers in their area. For example, someone living in the upper northeast corner of Allegheny County, who does not have health insurance and needs non hospital care, may consider the Community Health Clinic in New Kensington, which is listed under Westmoreland County.

U. S. Department of Health and Human Services – Health Resources and Services Administration (HRSA)
http://findahealthcenter.hrsa.gov/
HRSA maintains a national data base of the federally funded health centers around the country that provide care to individuals without health insurance. Most have sliding scale fees based on household income. To find a health center in other states, copy the above link to your website browser or call 1-888-ASK-HRSA (275-4772).

US Department Of Veterans Affairs
VA Health System
1-800-827-1000
http://www.va.gov/healtheligibility/
For information about health benefits plan that emphasizes preventative and primary care for eligible veterans, call toll free number or go to their website.

Help with Medications and Prescriptions

Both nationally and locally, certain grocery stores and retail operations offer generic prescription medications at low cost (usually around $4 for a month of medication or $10 for 3 months). The medications offered under these programs can vary slightly from one company to another. It may be necessary to scrutinize each of the following programs to locate a particular drug. Usually there are no income guidelines or restrictions regarding insurance coverage.

Giant Eagle
http://www.gianteagle.com/
This program requires a Giant Eagle Advantage card, completed enrollment form and prescriptions. For more information about the program and locations, go to the link to their website. Or check with your local Giant Eagle to see if they are participating in this program.
Kmart
https://pharmacy.kmartcorp.com/index.jsp
Selected Kmart stores have pharmacies. Kmart Pharmacy offers a 90-day supply of certain generic medications for $15. Kmart Pharmacy will also beat any local competitor’s price for prescriptions. To find a Kmart store with a pharmacy, call 1-800-866-0086 or to see the list of 90 day generic medications go to their website.

Target
http://sites.target.com/site/en/health/generic_drugs.jsp
Target offers a national program of certain generic medications at $4 per month for each prescription. Check with your local Target pharmacy to see how to participate or go to their website for the list of medications.

Wal-Mart
http://www.walmart.com/catalog/catalog.gsp?cat=546834&fromPageCatId=5431
Wal-Mart pharmacy also offers many generic drugs at $4 a month. Their list of medications is similar to Giant Eagle and Target, but they may have some medications that Giant Eagle and Target do not provide in their low cost generic drug programs. Check with your local Wal-Mart or go to their website.

RxAssist
For help go to www.rxassist.org
This website is operated by a nonprofit resource center and is free of ads unlike the NeedyMeds site below. RxAssist offers a comprehensive listing of all pharmaceutical patient assistance programs which is searchable by both drug name and company name. There is useful information about eligibility criteria, delivery times and refill policies.

Rx Outreach
Discount mail order prescription service that provides FDA approved generic medications for asthma, blood pressure, diabetes, heart disease and other health conditions for individuals or families up to 300% of Federal Poverty Level and no exclusion for those enrolled in other discount prescription plans. No cost to join program and no contracts. Prices vary, but may be as low as $20 for a six-month supply (180 days). Application must be completed, along with prescription and credit card information, check or money order. Application and the list of covered medications can be found at http://www.rxoutreach.com/ or call 1-800-769-3880

NeedyMeds
This is a national web-based clearinghouse of information about various pharmaceutical patient assistance programs, state and local prescription assistance programs and disease specific programs. A good place to research what is available. For help, go to: http://www.needymeds.com/or contact them at NeedyMeds, P.O. Box 219, Gloucester, MA 01931.

Pennsylvania Patient Assistance Program (PAP)
This is a state program under the Pennsylvania Department of Aging that helps people navigate the various pharmaceutical assistance programs. To qualify you must be a Pennsylvania resident between the ages of 18 to 64 and have no prescription coverage. The staff assists clients with the application process and the required documentation needed to establish financial and medical eligibility for the appropriate pharmaceutical assistance program. Call 1-800-955-0989 and leave your name and phone number. A program representative will call back to assess eligibility and begin the enrollment process.
Partnership for Prescription Assistance Pennsylvania (PPARxPA)
PPARxPA is a program that connects qualified, low-income people with discount prescription drugs, direct from the pharmaceutical manufacturer. For more information, go to: http://www.pparxpa.org/who/ or call their toll free phone number 1-888-477-2669

Discount Drug Cards
These cards might be an option for those who do not qualify for pharmaceutical patient assistance programs. The savings on particular medications and supplies and which pharmacies participate can vary with these cards, so it may be necessary to look at each card to find the one that is most worthwhile.

Familywise
Discount prescription card with no membership fee or eligibility requirements. For more information and to print a membership card, go to www.familywise.org or call United Way of Allegheny County at 412-255-1155 to request a card.

Pennsylvania Drug Card
Free discount prescription card with no membership or income requirements. The card is available at www.padrugcard.com. If unable to print a card from the website, pharmacies at Target, Giant Eagle and Kmart can process prescriptions through the program.

Together Rx Access
Discount prescription card with no fee or membership costs. Eligibility criteria:
1. Legal resident of US or Puerto Rico.
2. Not eligible for Medicare.
3. No prescription coverage.
For more information about the program visit: http://www.togetherrxaccess.com/ or call 1-800-444-4106

Low cost diabetic insulin syringes
Care Mark is a distributor for BD (Becton Dickinson) insulin syringes. They have a patient assistance program for low income individuals without health insurance. Necessary documentation includes a copy of the latest tax return and a current prescription from a medical provider. If eligibility requirements are met, a 90 day supply of insulin syringes is $15. To find out more about the program, income guidelines, how to apply and required documentation, call: 1-866-818-6906

Low cost diabetes testing supplies
Abbott has two programs. The first one is the FreeStyle Promise membership program. This is a free program that provides a blood glucose meter, support services and a membership card that may reduce the co-pay for testing strips to as low as $15 for a month’s supply. Anyone with diabetes (even with health insurance coverage) can call 1-866-246-2683 for more details.

The second program is a patient assistance program for low income people who have been denied Medical Assistance and have no health insurance that covers diabetes testing supplies. The applicant must call for a prescreening and then an application will be sent. The completed application must be returned along with a doctor’s note about frequency for blood glucose testing, proof of income and a denial letter from Medicaid. Call 1-800-222-6885 then press 7 for diabetes care products. A meter, testing strips and lancets are provided for one year for persons who meet the eligibility criteria.
Assistance with Psychiatric Prescription Medication

Pharmacy Benefit Program

The Allegheny County Department of Human Services Office of Behavioral Health Pharmacy Benefit Program supports psychiatric prescription medications at no cost to income eligible individuals who reside in Allegheny County and do not qualify for prescriptions through medical assistance or a third-party prescription coverage, such as Blue Cross/Blue Shield, PACE or other private insurance. Prescriptions must be written by a doctor affiliated with a local Service Coordination Unit* and may be filled at any participating pharmacy. For questions, call the Pharmacy Line at 412-350-7394.

* Service Coordination Unit
  Chartiers MH/MR – 412-221-3301
  Family Services of Western PA – 724-230-2777
  Mercy Behavioral Health – 412-488-4070
  Milestone – 412-731-7391
  Mon Yough – 412-675-8480
  Staunton Clinic – 412-749-7437
  Turtle Creek Valley MH/MR – 412-351-0222
  Western Psychiatric Institute and Clinic (WPIC) – 412-586-2900
Some of the clinics listed above do have dental services, either on site or by referral. Not all of them do, so an inquiry should be made. Other resources include,

**Allegheny County Health Department Pediatric and Adolescent Dental Services**

3901 Penn Ave. Bldg. #1  
Pittsburgh, PA 15224  
412-578-8378  
http://www.achd.net/dental/dentistry.html  
Allegheny County Health Department’s Dental Program provides preventative and corrective treatment for children 1-20 years of age. These services include exams, cleaning, fluoride treatments, x-rays, fillings, extractions and sealants. Call for locations and times.

**Donated Dental Services**

c/o Allegheny County Health Department  
907 West St. 2nd Fl.  
Wilkinsburg, PA 15221  
412-243-4866  
http://www.nfdh.org/  
Services primarily for senior citizens and medically compromised adults and children who have demonstrated a financial need with no dental insurance or significant savings. They may qualify for dental treatment provided free by volunteer dentists. Call for more information or go to their website.

**Hill House Dental Services**

1835 Centre Avenue  
Pittsburgh, PA 15219  
412-697-4698  
**Insurance:** All dental insurance plans accepted. **Assistance:** Dental services are provided at reduced cost and appointments are necessary. Documentation of household income is required to establish eligibility for a sliding fee program prior to service. All uninsured patients are expected to pay a nominal fee for each visit. For more information about the kinds of dental services and how to apply for sliding fee program, call the number above.  
**Clinic Hours:** Mondays 11 am - 6 pm, Wednesdays 9 am - 4pm

**Manchester-West End Family Dental Center**

441 S. Main St.  
Pittsburgh, PA 15233  
412-922-5636  
Reduced fees for dental work. Only open Mondays and Tuesdays. Call for appointment and information about necessary documentation for application for reduced fees.
University of Pittsburgh School of Dental Medicine Student Dental Clinic
3501 Terrace Street, Salk Hall
Pittsburgh, PA 15261
412-648-8616
http://www.dental.pitt.edu/patients/index.php
University of Pittsburgh School of Dental Medicine clinic provides a range of services from routine exams and cleaning to more involved procedures such as root canals and crowns. Appointments are necessary, but care can sometimes be arranged for dental emergencies. Fees for services are required and clients will see a financial counselor to discuss insurance and payment options. For more information call or go to their website.

University of Pittsburgh Center for Patients with Special Needs
This newly opened clinic is devoted to providing dental care to those with special needs. Care is done by experienced students under the close supervision of dentist faculty. Medical Assistance accepted as are most dental plans. For more information about scheduling, the screening process and insurance and payment options, call 412-648-3039.

Vision Care

Vision USA
243 N. Lindbergh Blvd.
St. Louis, MO 63141
1-800-766-4466
Fax: 314-991-4101
Email: visionusa@aoa.org
Qualified low-income workers without eye/vision insurance are matched to doctors of optometry in their area for free eye care. Both children and adults can participate in the program. One adult in the household must be employed. Individuals requesting service must not have had an eye exam within the past two years. For more information about income eligibility guidelines, enrollment procedures and participating optometrists, call the 800 number above.
Health Insurance Options

Medical Assistance

Some of the clinics listed in this guide will help with an application for Medical Assistance. Some do not. If it becomes necessary to apply for Medical Assistance for consideration for Charity Care from a hospital, Consumer Health Coalition (412-456-1877) can offer assistance with the application. Or you can call the Allegheny County Public Assistance Office at 412-565-2146 for an application or more information about applying in person or online.

For recently laid off individuals with families who could not extend health insurance through COBRA as it was too expensive (about $1,000 a month or more for family coverage) a possible option would be to apply for Children’s Health Insurance Program (CHIP) for the children in the family. The adults could try to apply for a bare bones health insurance policy with high deductibles that would provide coverage for what is termed catastrophic events such as an accident or major illness requiring hospitalization. This kind of health insurance usually does not cover prescriptions or office visits, but it can provide a safety net that could prevent a lien being placed against a home due to a large hospital bill.

For assistance with applying for CHIP call 1-800-986-KIDS or go to http://www.chipcoverspakids.com/

For assistance with finding a high deductible catastrophic policy, contact Consumer Health Coalition which is listed below under Consumer Health Care Advocacy Organizations. The recently passed Stimulus package may provide some subsidy for COBRA health insurance extension payments, but details were not available at the time this guide was revised.

Adult Basic

This is basic health insurance through the state, which currently has a waiting list for enrollment. However, it is worth applying to get on the waiting list, especially if you are in a long term situation that makes it unlikely that you will get health insurance on your own or through an employer. Adult basic does not cover prescriptions. Because the waiting list is so long, this basic insurance can be purchased for around $320.00/month for a single individual, which might be an option for someone with a chronic condition or preexisting problem who is priced out of a private, individual plan. For more information about eligibility criteria and how to apply, call 1-800-462-2742 or www.compass.state.pa.us

Medical Assistance for Workers with Disabilities (MAWD)

This program may provide health insurance for individuals with illness or disability. In some situations recipients of Social Security Disability may qualify for this program, which can cover the gap between the end of employer sponsored health insurance and the beginning of Medicare. Call Consumer Health Coalition (412-456-1877) for more information about eligibility criteria or for help with the application process.

Charity Care

Pittsburgh area hospitals and their affiliated practices usually have charity care programs. As a rule, applicants are required to apply for Medical Assistance first and provide documentation of income and household size before they can be considered for charity care. For those seeking charity care, consulting one of the consumer healthcare advocacy organizations listed below may help with the application process.
Consumer Health Coalition
650 Smithfield St. Suite 2130
Pittsburgh, PA 15222
412-456-1877
Fax: 412-456-1096
http://www.consumerhealthcoalition.org/
Consumer Health Coalition’s mission is to organize consumers and community partners to enhance access to quality, affordable healthcare in the region. They can lend assistance to people trying to navigate through the various programs such as Medical Assistance, Adult Basic, Medical Assistance for Workers with Disabilities and other programs.

Mercy Parish/Congregational Nurse and Health Ministry Program
Mercy Health Center
1515 Locust St. Suite 705
Pittsburgh, PA 15219
412-232-5815
http://www.pmhs.org/parish-nurse-program/about-us.aspx
The Parish/Congregational Nurse and Health Ministry Program acts as an advocate and liaison to community and health care resources, provides health education and promotes holistic health care that links spirituality and health science. For more information about their programs and services, call the above number or go to their website.

Pennsylvania Health Law Project - Pittsburgh Office
650 Smithfield St. Suite 2130
Pittsburgh, PA 15222
Toll Free Helpline 1-800-274-3258
http://www.phlp.org/
Pennsylvania Health Law Project (PHLP) is a statewide legal center whose mission is to provide legal advice, assistance and representation to low income, elderly and persons with disabilities having problems with obtaining health insurance or accessing healthcare. They operate a toll-free Helpline Mon.-Fri. 9 am-5 pm. They also have a Pittsburgh office.
Private Walk-in Clinics and Care Centers

Private Retail Clinics

Pharmacies such as Walgreens and CVS have opened walk-in clinics that are open seven days a week in some locations. These clinics are usually staffed by certified nurse practitioners or physician assistants who can provide care for minor conditions such as ear infections, pink eye and so on. They can perform physicals for camp and employment. As a rule, they do not treat children less than 18 months.

In addition, they cannot do stitches for wounds. These clinics take most insurance plans. For those who do not have insurance, the fees can range around $60 and up, with additional fees for lab work, if needed. **Payment in the form of a credit card or cash must be provided before service. There is no sliding scale based on income and household size.**

These clinics might be an option for a mildly sick child on a weekend when private practices or the clinics listed earlier in this guide are not open. Therefore, the sizeable expense and time involved with a visit to an Emergency Room might be saved. For people who need ongoing care for a chronic condition such as diabetes, they would be better served by becoming patients at one of the clinics listed earlier in this guide. For more information, call or visit:

- **Walgreens – Take Care Clinics** 1-866-Take-Care (825-3227) or [www.takecarehealth.com](http://www.takecarehealth.com)

Urgent Care Centers

These centers can provide care under certain circumstances to children less than 18 months of age and offers services such as stitches for small wounds, which the retail clinics listed above, cannot do. Treatment at one of these facilities may be far less expensive and time consuming than visiting an emergency room. However, someone with a serious, possibly life threatening injury or illness should go to an emergency room.

**Concentra Urgent Care** These walk-in centers have a medical doctor on site and can offer care for a range of illness and injuries. Payment in the form of cash, check or credit card is required prior to service. To check on center locations, what care can be provided, what insurance is accepted and fees, go to [www.ConcentraUrgentCare.com](http://www.ConcentraUrgentCare.com) or call 1-800-418-6497.

**MedExpress** These urgent care centers provide walk-in care seven days a week for illnesses and injuries. They have medical doctors on site and can do lab work and x-rays. Payment in the form of cash, check or credit card is required prior to service. **Medical assistance is not accepted.** To find out about center locations, what care can be provided, what insurance is accepted and fees, call 1-304-225-2500 or go to [www.greatcarefast.com](http://www.greatcarefast.com)
Transportation

Community Auto
This program makes vehicle ownership a reality for those in hardship. For more information about their guidelines and policies go to http://www.nhco.org/auto.htm or call Randy Murchak at 724-443-8300

Travelers Aid
412-281-5474 or www.travelersaidpgh.org
Travelers Aid operates two programs that assist mothers and young children with transportation to appointments.

Mobile Moms
Mobile Moms provides Port Authority Bus Tickets to women to attend their prenatal care appointments as well as supportive services such as WIC and medical testing related to the pregnancy. Tickets may also be provided to a family member to provide support at the prenatal appointments. There are no residency or income requirements. Clients enroll and receive tickets at one of Travelers Aid partnering locations. Locations include: Magee Womens Hospital, Mercy Womens Center, UPMC Shadyside Family Health Center, UPMC Lawrenceville Family Health Center and UPMC Latterman Family Health Center. For questions call the number or visit the website listed above.

Trips for Tots
A program that provides Port Authority Bus Tickets to the parent(s) of an infant up to the age of 18 months to take the child to their immunization appointments. Transportation for additional escorts can be issued if needed. To enroll please call the number or visit the website listed above.

Transportation Resources
Information about transportation assistance programs in Allegheny County and surrounding areas. Toll free number 1-888-547-6287 or local, call 412-350-4484 or go to the link below for information about the different programs and eligibility criteria.
http://www.alleghenycounty.us/dhs/transportation.aspx

WorkLink
412-351-2200
http://www.worklinkvan.org/worklinkvan/ride.asp
This program provides free scheduled van services in Braddock, North Braddock, East Pittsburgh, Swissvale, Homestead, Rankin, Clairton, Glassport, and Hazelwood and connects with a partner service called Ship of Zion which covers Pittsburgh’s Hill District and the South Side. The vans bring riders to major destinations such as the East Busway, the Waterfront, McKeesport business district and many Port Authority routes. This is not a door-to-door service, but the vans are handicapped accessible. Primarily to help people get to jobs, this service is available for people going to medical appointments as well. Call the number for more information about schedules and to apply for a rider card or go to their website.
Apprise

Apprise is a free health insurance counseling service for those on Medicare. Specially trained volunteers can help answer questions about Medicare coverage and Medicare Supplemental Insurance over the phone or in person by appointment. Some counselors are trained to assist with questions on PACE, Low Income Subsidy Program, Medicaid and Long Term Care Insurance. All information is kept confidential. For more information or to talk to a counselor, call 412-661-1438. The statewide Apprise hotline is 1-800-783-7067.

Breast and Cervical Cancer Prevention and Treatment Program

This is a program for low-income women who need breast and cervical services. It can provide quality screening care and treatment to women who meet the eligibility criteria. For more information, call the Healthy Woman Program at 1-800-215-7494 or copy this link to your browser. http://www.dsf.health.state.pa.us/health/cwp/browse.asp?a=174&C=35745&BMDRN=2000&BCOB=0&PM=1

Centers for Healthy Hearts and Souls

100 N. Braddock Ave. Suite 304
Pittsburgh, PA 15208
412-371-3282
www.healthyheartsandsouls.com

The Centers for Healthy Hearts and Souls provides a spiritual and health based wellness project to meet the needs of minority populations with the goal of eliminating health disparities. The Centers’ activities include weekly support groups for people with diabetes, fitness and nutrition programs, smoking cessation support, youth health corps, and cancer outreach programs. For more information, call or go to their website.

Clinical Research Studies

http://www.clinicalresearch.pitt.edu/

Clinical research studies provide a scientific way to develop or improve methods of health care. Some studies are clinical trials to test new medicines, devices or treatments. Other studies use interviews or surveys to understand health or behavior problems. Some studies need healthy people while other studies need people with chronic diseases or certain medical conditions. Whether it is appropriate to enroll in a study is an individual decision. This may be a question to discuss with your medical provider. Read the consent form carefully before signing up for any study. For more information about research studies contact: Office of Clinical Research, Health Sciences at 412-648-2332.
Free Health Screenings

The Spirit of Health mobile wellness van, which is operated by the Sisters of St. Francis at Mount Alvernia with collaboration from Duquesne University’s Mylan School of Pharmacy and the Parish Nurse Program at Mercy Hospital, provides free health screenings on a monthly basis in various communities. Screenings include cholesterol, blood glucose, bone density, blood pressure, and body fat analysis. Medication monitoring is also available. Treatment for medical conditions is not available, but assistance with referrals to services is offered. In the fall flu shots are given. The Spirit of Health van visits the following areas:

- Carnegie at St. Elizabeth Seton Parish at 127 Finley Ave. in Carnegie
  First Thursday of the month from 9 am to noon
- Lawrenceville at Our Ladies of the Angels Parish at 225 37th St. in
  Lawrenceville
  Second Tuesday of the month from 10 am to noon
- Millvale at Christ Lutheran Church at 910 North Ave. in Millvale
  Third Wednesday of the month from 10 am to noon.
- Southside/Hilltop at St. John Vianney Parish at 823 Climax St. in Pittsburgh
  Fourth Monday of the month from 11 am to 3 pm
- West End at Guardian Angels Parish at 1000 Logue St in the West End
  Third Tuesday of the month from 10 am to noon.

In addition, the Sisters of St. Francis and the Parish Nurse Program of Mercy operate a Wellness Center at 517 Lincoln Ave. in Millvale every Tuesday from 9 am to 3 pm. The only services offered there are free blood pressure checks and referrals to services. For more information about the Spirit of Health mobile wellness van and the Millvale Wellness Center, please call 412-508-2259.

Healthy Black Family Project

c/o The Kingsley Association
6435 Frankstown Rd.
Pittsburgh, PA 15206
412-361-2391
http://www.cmh.pitt.edu

The Healthy Black Family Project (HBFP) is a program of the Center for Minority Health in the Graduate School of Public Health at the University of Pittsburgh. Headquartered at the Kingsley Association with a satellite office in Hosanna House, the HBFP provides health promotion and disease prevention services at no cost to participants. Activities include, but are not limited to, smoking cessation, physical activity (yoga, body toning, walking), family health history, nutrition education, stress reduction and management of chronic diseases. Participants have access to professional health coaches, lay health advocates and state of the art facilities. For more information, contact the Healthy Black Family Project at 412-361-2391.
North Hills Community Outreach
1975 Ferguson Road
Allison Park, PA 15101
412-487-6316
http://www.nhco.org/

An interfaith, nonprofit organization that addresses the spiritual, emotional, physical and material needs of people in crisis, hardship and poverty. This organization serves individuals and families in northern Allegheny County, outside the city of Pittsburgh. For more information, call or go to their website.

Stroke Survivor Connection
A Program of Health Hope Network (formerly Visiting Nurse Foundation)
(Main office): The Pennsylvanian
1100 Liberty Avenue, Suite E-200
Pittsburgh, PA 15222
412-904-3036 http://www.healthhopenetwork.org

Stroke Survivor Connection is a network of 27 free weekly therapy support groups for stroke survivors and their caregivers, located throughout Western Pennsylvania. Members attend weekly meetings focusing on physical exercise, cognitive activities, emotional support, and social interaction. Through the program, members are able to regain lost function and live fuller and more independent lives. Visit the website or call for more information.

Veterans Hotline
The Veterans Hotline at 412-820-HELP (4357) is a 24 hour crisis hot line for troops returning from wars in Iraq and Afghanistan. It is a service of CONTACT Pittsburgh. It is staffed by trained volunteers accessing a database of resource information and referral numbers who will provide free, confidential support for veterans in emotional or psychological distress. In addition, anyone who is concerned about a vet may call for help. If you don’t get immediate assistance, call the National Suicide Lifeline at 1-800-273-8255.

The Welcome Center for Immigrants and Internationals
5743 Bartlett Street (Squirrel Hill)
Bartlett and Murray
Pittsburgh, PA 15217
1-866-774-2231, 412-422-8795
FAX 412-422-9540
http://www.wcii.org

The Welcome Center is a new non-profit agency, which provides the foreign-born with assistance in either moving to southwestern Pennsylvania or improving the quality of life for those already here, through referrals and direct service. The center, with its multi-lingual staff and dynamic group of volunteers, provides all services free of charge in a comfortable and welcoming environment. Whether the issue is employment, housing, immigration or translations; a simple telephone call or visit will begin the process for receiving the necessary help. Office hours are Mon. through Fri. 9am – 5 pm. Appointments are encouraged, but walk-ins are accepted. People who want to meet outside of regular office hours should call for an appointment.
Tobacco Cessation Assistance:

**Tobacco Free Allegheny**
Information, education and assistance with smoking cessation programs throughout Allegheny County.
412-322-8321, 1-800-QUIT NOW or 1-800-784-8669
http://www.tobaccoreallegheny.org/servc/index.htm

**Free Pennsylvania Tobacco Quitline**
1-877-724-1090

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WIC (Women, Infants, Children)

WIC program serves income eligible and medically or nutritionally at-risk pregnant women, breastfeeding mothers, infants and children under five. For more information about services and WIC offices, call 412-350-5801 or click on the link below to the website.
http://www.achd.net/wic/wic.html

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Resource Websites

**Allegheny County Department of Human Services and United Way of Allegheny County**
http://www.humanservices.net/
This website is sponsored by the Allegheny County Department of Human Services and United Way of Allegheny County. It is a comprehensive source of information about a broad range of human services including mental, behavioral health and substance abuse in or around Allegheny County

**Just Harvest**
http://www.justharvest.org/boost.shtml
This website is sponsored by Just Harvest, which is an advocacy organization devoted to hunger and poverty issues. This link provides information on free tax assistance for low-income individuals and families. Or call them at 412-431-8960.

**United Way of Allegheny County**
http://www.unitedwaypittsburgh.org
This website is sponsored by United Way of Allegheny County. Its Help Connections database contains helpful information on health and human services and many downloadable guides and directories. Or call them at 412-255-1155.
For More Information Call:
412-247-7816 or 412-687-ACHD [2243]
Or visit our website: http://www.achd.net
If information in this guide has changed, please submit updates in the following format:

Name of facility or organization

Current address and phone number

Website (if available)

Insurance (information)

Assistance (policies)

Services Available

Name of person (submitting update)

Phone number

Email

All updates may be mailed to:
Lorraine Starkey RN, BSN
Diabetes Nurse Consultant,
Allegheny County Health Department, Chronic Diseases Prevention
907 West St. 2nd Floor
Pittsburgh, PA 15221
Or they can be faxed to: 412-247-7815