



How to Find an Off-Campus Counselor



Selecting a professional counselor in the community and scheduling an appointment is an unfamiliar process to many students. Below are some tips to follow for scheduling an appointment with someone who might be right for you.

Six Helpful Tips for Scheduling an Appointment with a Counselor

- 1) Clarify your insurance status. Typically, there is a 1-800 number on your insurance card. Call your insurance company and ask about your coverage for outpatient mental health counseling. Ask about your copay, session limit, and deductible.
- 2) Know the times you are available to meet before you call the referrals.
- 3) Call all the referrals provided to you on the same day, as therapists may vary in how long they take to respond to your call.
- 4) It is likely that you will get an answering machine or voicemail. Therefore, it is best to leave a brief message including your name, number, purpose for calling, and best times to return your call.
- 5) When you speak with a therapist, identify yourself as a student referred by a counselor at the Counseling Center. Be prepared to give a brief description of your concerns and, if possible, goals for therapy.
- 6) You may want to ask the therapist any of the following questions:
 - a. Do you have openings?
 - b. Do you accept my insurance?
 - c. What is your fee?
 - d. Do you have a reduced fee for students on a budget?
 - e. Where are you located?
 - f. What kind of counseling license do you have?
 - g. For how many sessions do you typically see clients?
 - h. What is your counseling style?
 - i. What is your experience with concerns like mine? (e.g., depression, anxiety, family issues, relationship conflicts, multicultural concerns)
 - j. How often could I be seen?

If you have further questions about the referral process, you can call your counselor at the Counseling Center at (412) 648-7930.

Pittsburgh Community Providers

Agencies (Therapists and Psychiatrists options):

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| Vista Behavioral Health | 230 N. Craig St. Suite B, Pittsburgh, PA 15213 | (412) 641-7016 |
| Persoma P.C. | 401 Shady Ave., Suite B-205 Pittsburgh, PA 15206 | (412) 823-5155 |
| Milestone Inc. | 712 South Avenue, Pittsburgh, PA 15221 | (412) 731-9707 |
| Glade Run Lutheran Services | 5648 Friendship Avenue, Pittsburgh, PA 15206 | (412) 661-1827 |

Agencies (Therapy only, no medication options)

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| Cognitive Dynamic Therapy Assoc. | 155 North Craig Street, Suite 170, Pittsburgh, PA 15213 | (412) 687-8700 Ext. 104 |
| Allegheny Mental Health Associates | 230 North Craig Street Pittsburgh, PA 15213 | (412) 967-5660 |
| Duquesne University Psychology Clinic | 908 Rockwell Hall, 600 Forbes Avenue, Pittsburgh, PA 15282 | (412) 396-6562 |
| North Hills Psychological Associates, Inc. | 6315 Forbes Avenue, Suite B13, Pittsburgh PA 15217 | (800) 742-4120 |

Private Practice Psychiatrists (Medication):

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|-------------------------|--|----------------|
| Dellone, Cecelia, MD | Suite 203, 401 Amberson Avenue, Pittsburgh, PA 15232 | (412) 586-7942 |
| Garfinkel, Marc R., MD | 401 Shady Avenue, Pittsburgh, PA 15206 | (412) 661-4663 |
| Rickin, Eric D, MD | 102 Lexington Avenue, Aspinwall, PA 15215 | (412) 407-7876 |
| Berschling, Chester, MD | 128 North Craig Street Suite 214, Pittsburgh, PA 15213 | (412) 683.3275 |
| Burstein, Stuart S, MD | 1050 Bower Hill Rd Suite 207, Pittsburgh, PA 15243 | (412) 561-2332 |
| Hirsch, Stuart M.D. | 401 Shady Avenue, Suite C-203, Pittsburgh, PA 15206 | (412) 363-0811 |
| Shrager, Daniel S., MD | 6315 Forbes Ave. STE B16, Pittsburgh, PA 15217 | (412) 421-5000 |