



# WELLNESS RESOURCES



FOR GRADUATE  
AND PROFESSIONAL  
STUDENTS



## CONTENTS

- DIVERSITY ..... 2
- FAMILY-FRIENDLY RESOURCES ..... 5
- HEALTH INSURANCE ..... 6
- FITNESS ..... 7
- PHYSICAL HEALTH ..... 7
- MENTAL HEALTH ..... 9
- SAFETY ..... 11
- COMMUNITY ..... 12

## DEAR GRADUATE AND PROFESSIONAL STUDENTS,

One of my goals as vice provost for graduate studies is to ensure that the University of Pittsburgh is an outstanding place for the education and training of graduate and professional students. As part of its commitment to preparing students to lead lives of impact, Pitt provides services and resources that extend beyond academics. This brochure and the associated Web site ([gradstudents.pitt.edu](http://gradstudents.pitt.edu)) highlight a variety of resources aimed at keeping you well and healthy so that you can excel in your educational pursuits.



While the University is committed to supporting all graduate and professional students, we recognize that international students face unique challenges in the pursuit of their education. As part of the University's commitment to a diverse and inclusive environment and to the well-being of every student, we will continue to do everything we can to support our international students and create an environment in which everyone is respected. The Office of International Services ([ois.pitt.edu](http://ois.pitt.edu)) stands ready to provide guidance and advice.

The University has designated this academic year as the Year of Creativity ([yearofcreativity.pitt.edu](http://yearofcreativity.pitt.edu)) to celebrate the human impulse to create. Engaging in creative pursuits can help to reduce stress and aid in problem solving. As part of your efforts to live a healthy, balanced life, I hope you will take advantage of the special programming and learning opportunities offered.

While you are at Pitt, mentors will help you to navigate your academic and nonacademic experiences. These relationships are central to the graduate experience and ideally establish lifelong connections. Given the importance of these connections, we are always looking for ways to improve student/mentor relationships. We have collected input from faculty and your peers, and this fall we are launching new workshops, programs, and content to better support mentoring.

There are many aspects to wellness, and I encourage you to attend to your physical and mental health and to incorporate practices that will help you to achieve your academic goals while you are at Pitt and beyond. When you need them, seek out the many resources that are available to you.

As always, I want to hear from you. If you have comments about existing resources or suggestions, please connect with me.

  
Nathan Urban

Vice Provost for Graduate Studies and Strategic Initiatives

## CONTACT

Graduate Resources: [gradstudents.pitt.edu](http://gradstudents.pitt.edu)  
Updates and News: [provost.pitt.edu/students/graduate-studies](http://provost.pitt.edu/students/graduate-studies)

 [PittGradStudies](#)  [@PittGradStudies](#)  [VPGraduate-Urban@pitt.edu](mailto:VPGraduate-Urban@pitt.edu)

“Diversity in a respectful, inclusive environment promotes critical thinking and increases the ability to communicate, work, and interact in our society.”

— Pamela W. Connelly  
Vice Chancellor for Diversity and Inclusion

## DIVERSITY

### OFFICE OF DIVERSITY AND INCLUSION

The Office of Diversity and Inclusion ([diversity.pitt.edu](https://diversity.pitt.edu)) is committed to fostering diversity and celebrating differences, educating the community on the benefits of diversity, promoting equity, eliminating discrimination, and advancing equal access to all opportunities at the University of Pittsburgh. The office provides a wide array of programs and resources. Graduate students can learn more about:

- LGBTQIA+ resources, including preferred name initiatives and advocacy groups, at [diversity.pitt.edu/resources/lgbtqia-resources](https://diversity.pitt.edu/resources/lgbtqia-resources);
- religious groups and organizations, both on and off campus, at [diversity.pitt.edu/resources/religious-resources](https://diversity.pitt.edu/resources/religious-resources); and
- veterans' resources, including external resources for transitioning back to civilian life, at [diversity.pitt.edu/resources/resources-diverse-populations/veterans](https://diversity.pitt.edu/resources/resources-diverse-populations/veterans) and internal academic resources through the Office of Veterans Services at [veterans.pitt.edu](https://veterans.pitt.edu).

### SINGLE-OCCUPANCY RESTROOMS

An online map ([map.pitt.edu](https://map.pitt.edu); sort by Single Occupancy Restrooms) identifies single-occupancy restrooms across campus. Students (as well as faculty and staff) are welcome to use these and any restroom that corresponds to their gender identity. More spaces are being added as new renovation opportunities arise.

Visit [studentaffairs.pitt.edu/lgbtqia](https://studentaffairs.pitt.edu/lgbtqia), e-mail [diversity@pitt.edu](mailto:diversity@pitt.edu), or call 412-648-7860.

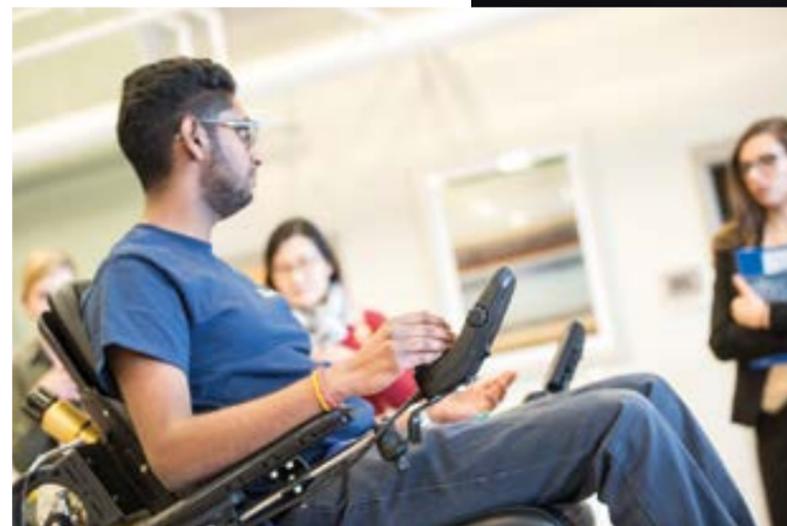
### PERSAD CENTER

The PERSAD Center is a human service organization whose mission is to improve the well-being of the LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) and HIV/AIDS communities. It serves its target populations and their loved ones, cradle to grave, across Western Pennsylvania, with a service center in Pittsburgh. Services include outreach, prevention, counseling, training, and advocacy. The PERSAD Center was created as an affirming counseling center to help LGBTQ people cope with the social discrimination they experienced and receive professional counseling services without prejudice because of their identity.

Visit [persadcenter.org](https://persadcenter.org) or call 412-441-9786 for appointments and with questions Monday–Friday from 9 a.m. to 5 p.m.

### REFLECTION ROOM

The Reflection Room provides a restful and safe space for interested students of all faiths, beliefs, and worldviews to come and quietly pray, worship, meditate, or reflect without distractions. It is located on the third floor of the William Pitt Union near the elevators. The Reflection Room is open during the fall and spring terms from 7 a.m. to midnight on weekdays and from 8 a.m. to midnight on weekends. Summer hours are slightly reduced.



### UNIVERSITY HOLIDAYS AND RELIGIOUS OBSERVANCE GUIDELINES

The University has a tradition of recognizing religious observances of members of the University community in instances where those observances may conflict with University activities. On such dates, students should not be penalized for absences from classes, and other academic activities should not be scheduled.

Examples of such occasions are Rosh Hashanah, Yom Kippur, Muharram, Diwali, and Good Friday, but other days of religious observance may conflict with scheduled academic activities. Graduate students should raise the potential for conflicts with days of religious observances as early as possible with their instructors and advisors.

Visit [provost.pitt.edu/university-holidays](https://provost.pitt.edu/university-holidays) to view the list of University holidays.

### DISABILITY RESOURCES AND SERVICES

Disability Resources and Services (DRS) is the entity designated by the University to determine reasonable accommodations and services for individuals with disabilities. Pitt is committed to providing equal opportunities in higher education to academically qualified students with disabilities. Through an interactive process, DRS works individually with each student to provide access to University classes, programs, and activities.

Visit [studentaffairs.pitt.edu/drs](https://studentaffairs.pitt.edu/drs), e-mail [DRSrecep@pitt.edu](mailto:DRSrecep@pitt.edu), call 412-648-7890, or stop by 140 William Pitt Union.

Additional resources about requesting an accommodation or filing a grievance, an etiquette guide, and much more can be found at [diversity.pitt.edu/resources/resources-diverse-populations/individuals-disabilities-resources](https://diversity.pitt.edu/resources/resources-diverse-populations/individuals-disabilities-resources).

### PROVOST'S ADVISORY COMMITTEE ON WOMEN'S CONCERNS

The Provost's Advisory Committee on Women's Concerns (PACWC) seeks to ensure a productive environment for faculty, students, and staff, particularly in areas related to women's concerns. It focuses on general issues of campus climate and programs as they affect women throughout the University. PACWC also seeks to assist the provost and the University community through its mandate. Two graduate students typically serve on PACWC.

Visit [provost.pitt.edu/pacwc2](https://provost.pitt.edu/pacwc2) or e-mail [women@pitt.edu](mailto:women@pitt.edu).

## FAMILY-FRIENDLY RESOURCES

### LACTATION ROOMS

A list of lactation rooms (with contact information for each room) has been compiled to assist mothers in finding a convenient location to express breast milk on campus.

Visit [diversity.pitt.edu/resources/resources-diverse-populations/title-ix-resources/lactation-rooms](https://diversity.pitt.edu/resources/resources-diverse-populations/title-ix-resources/lactation-rooms), e-mail [diversity@pitt.edu](mailto:diversity@pitt.edu), or call 412-648-7860.

### PARENTAL ACCOMMODATION GUIDELINES

Since fall 2010, the Graduate Student Parental Accommodation Guidelines have helped students who are new parents through childbirth or adoption to find academic and personal life balance. These guidelines have provided students enrolled in graduate programs with the standing to work with their advisors and faculty to arrange for individualized accommodations that can help them during this life-changing event. During the accommodation period, birth mothers who hold academic appointments continue to receive their stipend, health insurance, and tuition remission. Eligible students should consult with their advisor, principal investigator, and graduate chair.

The guidelines are available at [provost.pitt.edu/sites/default/files/Grad\\_Parental\\_Accommodation\\_Guidelines.pdf](https://provost.pitt.edu/sites/default/files/Grad_Parental_Accommodation_Guidelines.pdf). E-mail [graduate@pitt.edu](mailto:graduate@pitt.edu).

### UNIVERSITY CHILD DEVELOPMENT CENTER

The University Child Development Center encourages all children to grow to their fullest potential in all areas of development, creating a positive self-concept and a realistic opportunity for success in life. Teachers work with children individually and in small and large groups, enabling the children to identify their strengths while learning how to work together as a community.

The University Child Development Center offers part-time (two or three full days) and full-time (five full days) spaces to the children of University affiliates, including students, staff, and faculty. The tuition schedule is on a sliding scale based on annual household income. The enrollment process occurs throughout the entire calendar year, as spaces become available. It is recommended that parents place children on the waiting list as soon as possible, even in anticipation of a need. The waiting list is extensive, and depending on a child's age, the wait can be between one and three years.

Visit [childdevelopment.pitt.edu/enrollment](https://childdevelopment.pitt.edu/enrollment), e-mail [ucdc@hr.pitt.edu](mailto:ucdc@hr.pitt.edu), or call 412-383-2100.

### YOU AND YOUR CHILD PARENTING GUIDES

Produced by the University of Pittsburgh Office of Child Development, this series of plain-language, easy-to-use parenting guides summarizes the best practices for raising healthy children, including foster children. Each guide is based on current parenting literature and has been reviewed by a panel of child development experts and practitioners. Visit [ocd.pitt.edu/parenting-guides](https://ocd.pitt.edu/parenting-guides) for more information. Each guide also is available in Spanish.

Additional information for families can be found at [childdevelopment.pitt.edu/families](https://childdevelopment.pitt.edu/families) under Helpful Links.

### POSITIVE RACIAL IDENTITY DEVELOPMENT IN EARLY EDUCATION (P.R.I.D.E) PROGRAM

The P.R.I.D.E. Program promotes a community-wide approach to helping Black children understand race and embrace their ethnicity and heritage. P.R.I.D.E. builds parental knowledge and skills through the Parent Village ([racepride.pitt.edu/parent-village](https://racepride.pitt.edu/parent-village)) and hosts art festivals for nearly 1,000 children and families each summer.

Visit [racepride.pitt.edu](https://racepride.pitt.edu) for more information.



## HEALTH INSURANCE

### BENEFITS AND COVERAGE

Pitt has a long tradition of providing students who hold academic appointments with a benefits-rich individual health insurance package at no cost. If this medical plan were available in the Affordable Care Act Health Insurance Marketplace, it would be categorized as a platinum-level plan according to federal standards, which is the highest level.

Despite soaring health care costs, plan copayments in the 2019–20 academic year have been kept at record lows: \$5 for a primary care physician visit, \$10 for a specialist visit, \$10 for an urgent care visit, and \$25 for an emergency room visit. Similarly, prescription drug copayments are modestly priced.

This comprehensive coverage includes an unlimited lifetime maximum benefit, no annual deductible for in-network services, adult and pediatric preventive services, and inpatient hospital visits covered at 100 percent. Coverage also includes treatment for stress management, mental illness, substance abuse, no-cost prenatal and postnatal maternity services, and gender reassignment services.

Graduate students who do not hold academic appointments can purchase this plan or the general student plan. All students have the option of purchasing family health insurance (including for domestic partners) as well as dental and vision coverage. While less-expensive plans are available, this coverage is unparalleled.

Visit [hr.pitt.edu/students](http://hr.pitt.edu/students).

### ADDITIONAL PLANS

For additional coverage options, see the Office of International Services' list of resources at [ois.pitt.edu/resources](http://ois.pitt.edu/resources) and filter results for Audience: Graduate Students and Category: Insurance. Domestic students may purchase coverage from the Marketplace at [healthcare.gov](http://healthcare.gov). Coverage for children may be available through the Children's Health Insurance Program (CHIP), Pennsylvania's program to provide health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance.

Visit [chipcoverspakids.com](http://chipcoverspakids.com).

### HEALTH INSURANCE WHILE TRAVELING: ASSIST AMERICA

Graduate students (and their families) enrolled in a UPMC health insurance plan are automatically eligible for Assist America services when they travel outside the UPMC network. These services include emergency medical services such as help with hospital admissions, referrals to qualified physicians, and emergency medical evacuation.

Visit [hr.pitt.edu/current-employees/benefits](http://hr.pitt.edu/current-employees/benefits). Select **Health & Wellness**, and click on **Coverage While Traveling under Additional Resources**.

### INTERNATIONAL SOS

Since 2016, Pitt has provided comprehensive health and security coverage to enrolled Pitt graduate and professional students traveling abroad in pursuit of their scholarship and professional development.

Visit [globaloperations.pitt.edu](http://globaloperations.pitt.edu) and select **Insurance Coverage from the Travel drop-down menu**, e-mail [globalsupport@pitt.edu](mailto:globalsupport@pitt.edu), or call 412-624-0125.



The health insurance has been an excellent benefit for my family and me. When my son had an asthma attack, we went directly to UPMC Children's Hospital of Pittsburgh, and he was there for three days. We did not worry about the bill because my wife and kids are all covered under the family option. ”

— Diego Villada (A&S '18G)



## FITNESS

### GYMS AND SPORTS FACILITIES

Graduate students can use the five campus fitness centers—at the Baierl Student Recreation Center, the Pitt Sports Dome, the William Pitt Union, Bellefield Hall, and Trees Hall—to exercise and improve their overall well-being. Students can participate in group exercise, personal training, and wellness consultations and can rent equipment and lockers by the term.

Visit [studentaffairs.pitt.edu/campus-recreation](http://studentaffairs.pitt.edu/campus-recreation) and select **Facilities and Hours**, e-mail [rec@pitt.edu](mailto:rec@pitt.edu), or call 412-648-8210.

## PHYSICAL HEALTH

### STUDENT HEALTH SERVICE

The Student Health Service (SHS) cares deeply about the health and well-being of every graduate student. The mission of SHS is to provide high-quality prevention, health education, primary health care, and pharmacy services in order to enhance student living and learning. SHS has established a comprehensive health care program that includes an outpatient clinic with an array of medical services, a full-service pharmacy, and health education programming.

The wellness student fee covers an array of health care services. These include, but are not limited to, the following:

- Primary medical care for acute and chronic medical conditions
- Women's health and gynecological services, including intrauterine device (IUD) insertion
- Men's health services
- LGBTQIA+ services
- Basic laboratory and radiology services
- Orthopaedic care
- Physical therapy
- Psychiatric services
- Nutrition counseling
- Sexual health and contraceptive counseling
- Rapid oral HIV testing
- Alcohol, tobacco, and other drug counseling
- Referrals to specialists when necessary
- Allergy injections
- Immunizations, including free flu shots
- Complete physical exams (with required paperwork/forms)
- Travel health assessments
- Specialty laboratory and radiology tests
- Holistic services, including acupuncture

SHS accepts health insurance and will file a claim with your insurance company for services rendered. As a provision of the mandatory wellness fee, graduate students are not charged a copayment. Your insurance company, however, will determine if some or all of the charges incurred will be covered by your policy.

Visit [studentaffairs.pitt.edu/shs](http://studentaffairs.pitt.edu/shs); e-mail [studhlth@pitt.edu](mailto:studhlth@pitt.edu); call 412-383-1800; or stop by the **Wellness Center in Nordenberg Hall, 119 University Place**.

### INTRAMURAL SPORTS

Consisting of structured game play with other teams on campus, intramurals provide opportunities for graduate students to engage in physical activity while meeting other students across campus. Intramurals do not involve a great time commitment, and registration is free.

Visit [studentaffairs.pitt.edu/campus-recreation](http://studentaffairs.pitt.edu/campus-recreation) and select **Intramurals**, e-mail [rec@pitt.edu](mailto:rec@pitt.edu), or call 412-648-8210.



### UNIVERSITY PHARMACY

The University Pharmacy is available to graduate students and their families. Pharmacy services include:

- filling prescriptions from any practitioner, even from out of state;
- ordering items or products not routinely stocked;
- transferring prescriptions to and from the pharmacy;
- offering a wide variety of over-the-counter medications, often priced lower than at commercial drugstores;
- providing discounted copayments for prescription drugs for students enrolled in Pitt's medical plans; and
- providing individual, confidential medication counseling services.

Visit [studentaffairs.pitt.edu/shs/pharmacy](http://studentaffairs.pitt.edu/shs/pharmacy); call 412-383-1850; or stop by **Nordenberg Hall, 103 University Place**.

### CENTER FOR INTEGRATIVE MEDICINE

The Center for Integrative Medicine, located at UPMC Shadyside, provides services intended to complement—not replace—more conventional medical treatments. Therapies are available to treat adult attention deficit hyperactivity disorder, anxiety, chronic fatigue syndrome, depression, panic attacks, phobias, post-traumatic stress disorder, stress, and other conditions. The center provides classes in yoga, mindful yoga, and mindfulness meditation.

Visit [upmc.com/services/integrative-medicine](http://upmc.com/services/integrative-medicine).

Note: Most services are not covered by insurance plans. Pitt's Center for Mindfulness and Consciousness Studies offers a limited number of scholarships for classes.



## MENTAL HEALTH

### UNIVERSITY COUNSELING CENTER

The University Counseling Center provides free access to mental health specialists for all students in the University community. While not a replacement for mental health care covered by your insurance, the counseling center can provide services for students—including assessment, counseling and psychotherapy (individual, group, and couples), and psychiatry—on a short-term basis in addition to offering acute care and crisis intervention. Sexual assault services and substance abuse programs also are available. The counseling center employs a multidisciplinary team of psychologists, social workers, and advanced graduate trainees in various mental health disciplines.

The counseling center offers a variety of workshops and general therapy groups, including support groups for dissertation writers, international students, LGBTQIA+ individuals, and graduate students, among others.

**Visit [studentaffairs.pitt.edu/cc](http://studentaffairs.pitt.edu/cc); call 412-648-7930; or stop by the Wellness Center in Nordenberg Hall, 119 University Place.**

### CLINICAL PSYCHOLOGY CENTER

The clinical psychology center is the training clinic for the clinical psychology graduate program. Outpatient psychological services are provided at reduced fees based on income. Advanced graduate students, who are supervised closely by licensed faculty psychologists and other clinicians, provide a wide variety of treatment approaches, including cognitive-behavioral, interpersonal, and family systems psychotherapy.

**Visit [pitt.edu/~clinic](http://pitt.edu/~clinic) or call 412-624-8822 to schedule an appointment.**

### MENTAL HEALTH SELF-EVALUATOR

Mental health is a key part of overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. This online program is completely anonymous and confidential, and immediately following the brief questionnaire, you will see the results, recommendations, and key resources.

**Visit [ulifeline.org/UPITT/self\\_evaluator](http://ulifeline.org/UPITT/self_evaluator).**

### CENTER FOR CREATIVITY

The work of graduate school is inherently creative: Students make things (experiments, proposals, articles) as they engage in research. Visiting the Center for Creativity (C4C) helps students to visualize research or challenges differently. C4C: The Workshop offers a no-stakes arena in which to play, to try new or interesting things without the pressure to produce something professional and “defensible,” or to reduce stress on your own or in a group session led by C4C or University Counseling Center staff.

**Visit [creative.pitt.edu](http://creative.pitt.edu), e-mail [creative@pitt.edu](mailto:creative@pitt.edu), call 412-383-4110, or stop by the lower level of the University Store on Fifth.**

### CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES

The Center for Mindfulness and Consciousness Studies provides graduate students with resources and programming on mindfulness.

**Visit [mindfulness.pitt.edu](http://mindfulness.pitt.edu).**

### STRESS FREE ZONE

At the Stress Free Zone, graduate students can learn and regularly practice evidence-based mind/body stress-reduction skills. These skills are primarily taught through mindfulness meditation, a form of attention training that involves an intentional, nonjudgmental observation of the present moment. Students can participate via walk-in services, regularly scheduled classes, and special workshops on topics ranging from meditation practices to chiropractic care for stress.

**Visit [studentaffairs.pitt.edu/shs/stressfree](http://studentaffairs.pitt.edu/shs/stressfree).**

### EXTERNAL RESOURCES

#### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

The Western Pennsylvania chapter of the American Foundation for Suicide Prevention (AFSP) covers 20 counties. AFSP does not provide mental health or crisis services. Rather, it focuses on eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research programs, and reaching out to those individuals who have lost someone to suicide.

**Visit [afsp.org/chapter/afsp-western-pennsylvania](http://afsp.org/chapter/afsp-western-pennsylvania).**

#### RESOLVE CRISIS SERVICES

Resolve is a 24-hour, 365-day crisis service that is free to all Allegheny County residents. Its mantra is that everyone defines their own crisis. The crisis team provides counseling and support, referrals, and intervention services for adults, teens, and their loved ones. The 24-hour hotline is 1-888-7-YOU-CAN (1-888-796-8226). The walk-in center is located at 333 North Braddock Avenue, Pittsburgh, PA 15208.

**Visit [upmc.com/services/behavioral-health/resolve-crisis-services](http://upmc.com/services/behavioral-health/resolve-crisis-services).**

#### ALLEGHENY COUNTY WARMLINE

The Allegheny County Warmline is a peer-operated telephone support service and advocacy network. Telephone lines are open every day from 10 a.m. until midnight. Telephone support specialists are specially trained to provide support as well as referral information to residents of Allegheny County who are 18 years of age or older. The phone number is 1-866-661-WARM (9276). Services are free, and all information will remain confidential.

**Visit [peer-support.org/?page\\_id=22](http://peer-support.org/?page_id=22).**

Note: The Warmline is not a crisis line. In the event of a mental health crisis or emergency, contact Resolve crisis services or the University Counseling Center.



## SAFETY

### UNIVERSITY OF PITTSBURGH POLICE

The University of Pittsburgh Police Department is a full-service law enforcement agency providing 24-hour protection for students, faculty, staff, and visitors. In addition to receiving the same training as their municipal police counterparts, officers are required to have bachelor's degrees—rare for a police force—so that officers know what it's like to be a student. Additionally, police officers complete cultural awareness training that includes antibias for law enforcement, racial profiling, implicit bias, LGBTQ+ issues, investigating hate crimes, civil rights, and community policing.

**In an emergency, call 412-624-2121.  
Visit [police.pitt.edu](http://police.pitt.edu) or call 412-624-4040 (nonemergency).**

### EMERGENCY NOTIFICATION SERVICE AND CRIME ALERTS

The University's Emergency Notification Service (ENS) provides Pitt students, faculty, and staff with critical information in the event of an emergency using voice, text, and e-mail channels. The University of Pittsburgh Police Department issues a crime alert when a serious, unresolved crime is committed on or adjacent to campus; the crime creates a threat of immediate physical harm to students, faculty, or staff; the likelihood of repetition is such that a report is necessary to aid in the prevention of similar occurrences. ENS and crime alerts are separate alerts.

**To subscribe to receive text and voice message alerts, log in to [pi.tt/alerts](http://pi.tt/alerts).**

### ENVIRONMENTAL HEALTH AND SAFETY

The Department of Environmental Health and Safety (EH&S) has expertise in best practices and safety in the laboratory. EH&S offers safety training on multiple topics, including your off-campus living arrangement.

**For resources, the training schedule, and an anonymous concern reporting form, visit [ehs.pitt.edu](http://ehs.pitt.edu); e-mail [safety@ehs.pitt.edu](mailto:safety@ehs.pitt.edu); or call 412-624-9505.**

### SAFERIDER

SafeRider provides safe transportation during the evening and early morning hours when special, nonemergency needs arise for graduate students to get across campus, such as from an office to a parking lot.

**For information on hours of operation, boundaries, and requesting a ride, visit [pc.pitt.edu/buses-shuttles/saferider](http://pc.pitt.edu/buses-shuttles/saferider), e-mail [pittshuttles@pitt.edu](mailto:pittshuttles@pitt.edu), or call 412-648-CALL (2255).**

### TITLE IX

Title IX protects graduate and professional students (as well as all members of the University community) from sexual or gender-based misconduct, including discrimination, harassment, and assault. The Title IX office recognizes that graduate and professional students face very specific challenges because of their unique roles in the University community. The Title IX office provides targeted training and education.

If you need information on counseling, health, or related services, the Title IX staff can provide referrals to both on- and off-campus providers.

If you need a change in your academic schedule, a No Contact Order with another Pitt affiliate, or other accommodations, Title IX staff can assist you.

If you want to file a formal complaint with the University or the University of Pittsburgh Police Department, Title IX staff can walk you through the available options and provide you with contacts in the appropriate offices.

We encourage all members of our community to report incidents of sexual harassment or misconduct. If you prefer, you can anonymously report an incident using the Office of Diversity and Inclusion incident report form ([titleix.pitt.edu/report/report-incident](http://titleix.pitt.edu/report/report-incident)), which goes directly to the Title IX coordinator.

**If you need additional resources or aren't sure where to start, visit [titleix.pitt.edu/resources](http://titleix.pitt.edu/resources), e-mail [titleixcoordinator@pitt.edu](mailto:titleixcoordinator@pitt.edu), or call 412-648-7860.**

### EXTERNAL RESOURCES

#### PITTSBURGH ACTION AGAINST RAPE

Pittsburgh Action Against Rape (PAAR) is dedicated to assisting victims of sexual abuse and ending sexual violence in Allegheny County. Their experienced, trained counselors and advocates provide services that are completely confidential. Helpline counselors and staff are available to talk with survivors, their families and friends, and providers about sexual violence. The helpline also can connect individuals to in-person support at emergency departments and police stations.

Victims often experience depression, anxiety, and post-traumatic stress disorder. PAAR provides individual counseling, group counseling, and wellness series for adults. The wellness workshops are meant to be a place to explore different self-care practices while connecting to others in a safe environment. The 24-hour helpline is 1-866-END-RAPE (363-7273).

**Visit [paar.net](http://paar.net) or call 412-431-5665.**

#### WOMEN'S CENTER & SHELTER OF GREATER PITTSBURGH

The Women's Center & Shelter of Greater Pittsburgh is more than an emergency shelter for women experiencing domestic violence and their children. It also is a safe harbor that provides specialized care and support for women who have experienced all types of intimate partner violence, from physical to emotional, through emergency shelter, legal advocacy, a 24-hour hotline, support groups, and more. The 24-hour hotline is 412-687-8005.

**Visit [wcpittsburgh.org](http://wcpittsburgh.org).**



## COMMUNITY

### GRADUATE AND PROFESSIONAL STUDENT LOUNGE

The new Graduate and Professional Student Lounge will open in fall 2019 in the William Pitt Union. This space is just for you!

E-mail the Graduate and Professional Student Government at [gpsg@pitt.edu](mailto:gpsg@pitt.edu) for details.

### GRADUATE STUDY AND DISSERTATION WRITING ROOMS

These rooms, located in 401, 402, and 403 Hillman Library, provide a quiet environment in which graduate students can pursue research and writing.

The Graduate Study Room is a quiet space for graduate students only. Students can get access by submitting their Pitt ID number. When access is granted, students are notified by e-mail, generally within 24 hours during weekdays.

Visit [library.pitt.edu/graduate-study-room](http://library.pitt.edu/graduate-study-room) to download the request form.

The Dissertation Writing Room provides a quiet place to study for students who have passed their comprehensive exams, who are currently taking dissertation credits, and who are pursuing dissertation research and/or are in the writing phase of their program. PhD carrels are available on a first-come, first-served basis and include an assigned desk and locking storage.

Visit [library.pitt.edu/graduate-study-room](http://library.pitt.edu/graduate-study-room) to download the eligibility form.

### PITTSERVES

The Office of PittServes helps students to find meaningful local, national, and international service opportunities. The office focuses on sustainability, education, and community development.

Visit [volunteer.pitt.edu](http://volunteer.pitt.edu), e-mail [serves@pitt.edu](mailto:serves@pitt.edu), call 412-624-1065, or stop by 923 William Pitt Union.

### PITT AND COMMUNITY ASSISTANCE RESOURCES

The University Library System has compiled a resource list ([pitt.libguides.com/assistanresources](http://pitt.libguides.com/assistanresources)) for Pitt students seeking housing, health, and food assistance.

### PITT FARMERS MARKET

The Pitt Farmers Market brings local purveyors and food trucks to campus every Thursday in the fall and select Thursdays in the spring and summer. Local vendors sell produce, pastries, baked goods, freshly pressed juices, pasture-raised meats, eggs, and prepared foods. Dining Dollars, Panther Funds, Lunch Money, cash, and credit cards are accepted.

Visit [facebook.com/TheFarmersMarketAtPitt](https://facebook.com/TheFarmersMarketAtPitt).

### PITT PANTRY

In addition to ensuring that all Pitt students (and their families) have regular access to a balanced and nutritious diet, the Pitt Pantry also provides nonperishable foods, fresh produce, hygiene items, and school supplies for eligible shoppers.

Visit [pi.tt/pittpantry](http://pi.tt/pittpantry), e-mail [pantry@pitt.edu](mailto:pantry@pitt.edu), or stop by the basement of Bellefield Presbyterian Church at 4001 Fifth Avenue.

### THRIFTSBURGH

Thriftsburgh is a student-managed University thrift store that stocks clothing and small household items. At the beginning of the fall term, the store sells gently used items such as clothing, kitchen items, mini refrigerators, storage containers, and other small furniture items that are helpful in furnishing an apartment on a budget.

Visit [universityofthriftsburgh.com](http://universityofthriftsburgh.com).





University of  
**Pittsburgh**

Office of the Provost  
Graduate Studies

801 Cathedral of Learning  
4200 Fifth Avenue  
Pittsburgh, PA 15260

[VPGraduate-Urban@pitt.edu](mailto:VPGraduate-Urban@pitt.edu)  
[gradstudents.pitt.edu](http://gradstudents.pitt.edu)