

MSW Program Supports & Resources

Life in Pittsburgh/Fun Stuff

PITT ARTS Museum Visits are free for students from the Pittsburgh campus with a valid Pitt student ID.

Visit Pittsburgh maintains an extensive list of activities and sites in Pittsburgh that may be of interest to individuals in the LGBTQIA+ community (including TAG-friendly hotels)

The Pittsburgh Cultural Trust Since 1984, the Pittsburgh Cultural Trust, a non-profit arts organization, has worked to make the Steel City a place where the arts can flourish

Pittsburgh City Paper's mission is to serve the greater Pittsburgh region with journalistic integrity, wit, and compassion, while amplifying the voices in the communities

Global Pittsburgh arranges trips and activities for International Students.

Good Food Pittsburgh - best food spots in Pittsburgh

Cool Pittsburgh is a university website aimed at graduate students new to the city, and has tons of information on life in the Burgh – places to eat, hang out, shop, and have fun!

White Whale Bookstore in Bloomfield is a queer-friendly bookstore and coffeeshop.

Common Place Coffee is also a queer friendly coffee shop in Garfield. & Squirrel Hill.

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Life in Pittsburgh/Fun Stuff cont.

The Carnegie Library system has tons of cool events, resources, and services you might not expect – like a library of things you can rent!

The Pittsburgh Sports League is one of the most popular adult sports leagues

The Opportunity Fund Art List - great resource for black-led orgs

Black Pittsburgh - stay informed about what's going on in the city

Independent News Outlets: New Pittsburgh Courier ; Pittsburgh Independent

Bakery Square -shopping centre and foodie spot

Lawrenceville Neighborhood-community site; food, shops, bowling, music

Bloomfield-Garfield Corp -community engagement site, Unblurred first Friday gallery walk

Discover the Burgh-info site; things to do, like the Strip District-International foods etc

Volunteer

Volunteer Match Learn more about Pittsburgh volunteer organizations in cause areas like advocacy, health and medicine, seniors, veterans, and more.

Grow Pittsburgh teaching people how to grow food and promote the benefits gardens bring to our neighborhoods.

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Life on Campus/Getting Involved

The MSW Program's Student Executive Council (SEC) is the voice of graduate students in the School of Social Work. They advocate for students needs and bring students together.

Gay, Lesbian, Transgender, and Queer (GLBTQ) Resources
Provides a variety of resources, information, and programs

AQUARIUS is the Alliance of Queer and Underrepresented Asians in Recognition of Intersectionality to Uphold Solidarity

M.O.G.I. is the Minoritized Orientations & Gender Identities Graduate Student Organization

Student Organization Resource Center (SORC) helps students find/start campus organizations.

National Pan-Hellenic Council -Sorority and Fraternity Council

The Latin American Graduate Organization of Students (LAGOS) works to enhance graduate student life for students who identify as Latin America, Latino/a/s, or Hispanic

The Black Student Union advocates for Black Students' cultural, educational, political, and social demands

The Ebony Tower is an online community for and by Scholars of Color

The National Black Student Graduate and Professional Student Union (NBGSA) is the nation's largest interdisciplinary graduate organization for students of African descent

The Pan-African Graduate and Professional Student Union (PANAF) serves all graduate and professional Pitt students with research and /or cultural interests in Black America, the African Continent, the Caribbean, West Indies, Latin America, and the entire Diaspora

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Mind

Pitt's University Counseling Center provides free mental health services and resources to students; this includes group counseling offerings that may be of interest to MSW students.

PERSAD is the region's premiere LGBTQ+ behavioral health agency.

Pitt's Stress Free Zone is a space where students can learn and practice evidence-based, mind/body stress reduction skills.

Brown Mamas -list of black therapists in Pittsburgh

African American Mental Health Resource Guide

The Soul Pitt - health resources

Psychology Today - find a therapist in Pittsburgh

Awaken Pittsburgh - Live fully. Mindfulness in action. Putting powerful tools into the hands and minds of those most in need.

Pitt's Psychology Clinic provides therapy on a sliding-scale basis.

Pitt has a Center for Financial Wellness to equip students with the personal finance skills to take control of their finances now and in the future.

PittServes aims to enhance students' personal growth and development by providing meaningful opportunities for service and reflection.

Pittsburgh Float- sensory deprivation spa - Shadyside - University of Pittsburgh alum owned

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Body

Student Health Services provides primary health care, health education, immunization services, psychiatry services, and a pharmacy. **Note that most of their providers have taken Allies Network Training to increase their ability to provide nonjudgmental, supportive care for LGBTQIA+ students. SHS understands the unique healthcare needs of LGBTQIA+ students.

Central Outreach provides culturally sensitive, inclusive health care.

Metro Community Health Center is an integrated medical, mental health, and dental clinic that provides services to everyone, regardless of identity, income, insurance status, or the ability to pay.

Pitt Campus Recreation offers low-cost group exercise classes for students.

Pittsburgh Green Spaces Your guide to getting outside and enjoying green spaces and public parks in Pittsburgh

The Stress Free Zone (SFZ) is a space on the 3rd floor of the William Pitt Union where students can learn and regularly practice evidence-based, mind/body stress reduction skills. It includes amenities like space for yoga/meditation, massage chairs, Biofeedback, and day light lamp therapy.

Pitt's Thrive at Pitt website has a plethora of wellness resources connected to the 8 pillars of wellness: physical wellbeing, emotional wellbeing, intellectual wellbeing, spiritual wellbeing, environmental wellbeing, financial wellbeing, occupational wellbeing, and social wellbeing.

Dining services has information on finding Halal and Kosher food options on campus. as well as vegan, GF etc.

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Spirit

Pitt's Office of Diversity, Equity, and Inclusion maintains a resource list with information for students who identify as religious, including critical topics such as obtaining religious accommodations.

The Department of Religious Studies provides classes, a major, and a minor for both undergraduate and graduate level students.

The Office of Interfaith Dialogue and Engagement maintains a list of all campus student organizations for students who are part of various religious groups.

Soul Pitt - Connection to the Black Church community listings in Pittsburgh

Awaken Pittsburgh Inspiring positive, systemic change through mindfulness

Islamic Center of Pittsburgh - weekly prayer, calendar of events, newsletter and more available online

Jewish Community Center - programs, exercise, educational events

Catholic Diocese of Pittsburgh - find a parish, newsletter etc

10/27 Healing Partnership We provide support, connection, and opportunities for reflection for individuals and their loved ones impacted by the October 2018 attack and others who experience hate-induced trauma. Many programs and events are open to the whole community - e.g. forest bathing, meditation/napping room

Pitt also has a list of resources related to spiritual wellness on campus.

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Advocacy/Safety on Campus

Pitt maintains a list of resources and information for Trans and Non-Binary Students (including Pitt's Chosen Name process; a list of gender inclusive bathrooms on campus, etc)

Pitt's Office of Civil Rights and Title IX responds to and addresses reports of discrimination and harassment on campus.

Disability Resources and Services ensures that students with disabilities are integrated as completely as possible into the university community.

Identity Affirming Resources

Disability Resources and Services ensures that students with disabilities are integrated as completely as possible into the university community.

Gay, Lesbian, Transgender, and Queer (GLBTQ) Resources

Provides a variety of resources, information, and programs geared towards the queer community and its allies.

International Women's Association of Pittsburgh

Helps women of all ages, from all nations, settle in and discover Pittsburgh!

PERSAD Center is a human service organization whose mission is to improve the well-being of the LGBTQ community and the HIV/AIDS community.

Explore Black Culture/Heritage - the Visit Pittsburgh Black Culture page

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International

Office of International Studies

Their chief job is to make sure that immigration issues are handled smoothly, quickly, and correctly.

Phone: +1-412-624-7120

Literacy Pittsburgh offers free, personalized English-learning programming in Allegheny County.

The Explorers Club of Pittsburgh arranges outdoor excursions and activities you can participate in for an affordable membership fee.

Food & Emergency Services

The Pitt Pantry allows students to access free food for themselves and immediate family members.

ReSolve Crisis Services provides emergency mental health intervention to Allegheny County residents experiencing crisis.

Bright Sky provides information and resources for those who are experiencing intimate partner/domestic violence.

PA 211 provides links to critical local resources, like legal services, caregiver resources, and help securing housing and clothing.

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Apartment/Furniture/Utility Assistance

Dollar Energy Fund, Inc.
Utility Assistance: 1-888-282-6816

Additional Resources

Best of Pittsburgh - City Paper - e.g. Black Owned Hair Salon

Pittsburgh Regional Transit - bus/light rail travel including airport

JFCS- Jewish Family & Community Services - known as a leader in providing innovative and effective social service solutions to problems facing families and individuals of all ages and walks of life. Services are provided and referrals are made without regard to race, color, religion, ancestry, national origin, place of birth, sex, sexual orientation, familial status, age, handicap or disability

Visit Pittsburgh maintains a list of farmers markets in the area, including some open year-round.

Pitt students can access unlimited 30 minute bicycle rentals through POGO.

Live Well Allegheny- community-wide effort focuses on more than just physical health. It also includes mental wellness, personal safety, community preparedness, and efforts to improve well-being and quality of life, education and health literacy.