



MEDICAL SCIENTIST TRAINING PROGRAM



University of Pittsburgh & Carnegie Mellon University

Training in a physician scientist program offers exciting opportunities to participate cutting edge research and patient care. This period is filled with several transitions, both personal and professional. During these years of active learning, trainees may find themselves in challenging periods facing stress or lapses in attention to their own needs. The MSTP is deeply committed to the health and well being of all students throughout their years in the program. To support the success of its students, the MSTP wants to promote the resources available to all students, as they encounter challenges during their time in the program. The list below reflects the dedication of the MSTP administration to support students through these periods as they arise. No issue is too big or too small to warrant support from the University of Pittsburgh and Carnegie Mellon University.

MSTP Mental Wellness Resource List

1. [Student Health Advocacy Resource Program](#) (SHARP): PittMedWellness@gmail.com
 - a. Student representatives provide access to resources as well as anonymous and confidential advice in navigating the difficulties of medical and graduate school. Feel free to contact your medical school class elected representatives or MSTP reps (or both). MSTP representatives: Gaelen Dwyer and Elliot Collins
2. MSTP Career Advisors: Your MSTP career advisor can act as a confidential advisor for academic and personal issues. Because CAs also report to the MSTP administration on academic progress, please remind your CA that you prefer certain discussions to remain confidential.
3. School of Medicine Counselor, Lee Wolfson: 412-624-1041; lkwolfson@medschool.pitt.edu
4. [Pitt Counseling Services](#): 412-648-7930
 - a. Wide range of services available for those in need: individual, couples, group therapy, and peer support groups. Workshops available for those on campus. FREE to all university students.
5. [Stress Free Zone](#) (SFZ): 3rd Floor William Pitt Student Union Building.
 - a. SFZ provides space for students to practice and learn mindfulness approaches to dealing with stress.
6. [Pitt Psychiatric Services](#): 412-383-1800; Requires insurance
 - a. For students in need of psychiatric care or questions concerning psychiatric medications.
7. [Pitt Title IX Office](#): 412-624-2121; titleixcoordinator@pitt.edu
 - a. Report issues of sexual assault or harassment with full confidentiality.
8. [Office of Sexual Harassment and Assault Response and Education](#) (SHARE): 412-648-7930
 - a. Resources for all University members to help report, cope with, and prevent incidents of sexual misconduct or assault.
9. [University of Pittsburgh Police](#): 412-624-4040 (non-emergency); 412-624-2121 to speak to a counselor on call 24/7

Additional Resources for MSTP students enrolled at CMU:

1. [Counseling and Psychological Services](#) (CaPS); 412-268-2922
 - a. Safe, confidential environment to talk about personal and academic concerns.
 - b. Peer support groups for PhD students offered multiple times each semester. Call for info
 - c. CaPS offers consultations, individual therapy, outreach and educational presentations, referrals, and psychiatric care.
2. [Carnegie Mellon Advising Resource Center](#) (CMARC); 412-268-2150; cmarc-department@andrew.cmu.edu
 - a. Academic advising services geared toward challenges faces by underrepresented ethnic minorities.
 - b. Aims to build social and academic networks between peers, communities, and cultures.
3. [The Mindfulness Room](#): First floor lounge of West Wing on CMU campus.
 - a. Great space to relax, meditate, breathe, and gather with other students engaging in mindfulness activities.
4. Graduate Student Ombudsman, Suzie Laurich-McIntyre, 412-268-7307; slaurichmcintyre@cmu.edu
 - a. Academic concerns are best dealt with in the student's department, but in the event of a larger academic issue, the ombudsman is a neutral 3rd party advisor (not personal advocate or mediator), who advocates for a fair

process in resolving issues. The student ultimately makes decisions about how to manage a problem or conflict. There are additional representatives designated for each college within CMU.

5. [Carnegie Mellon Police](#)
 - a. Emergency: 412-268-2323
 - b. Non-Emergency: 412-268-6232
 - c. Email: campuspd@andrew.cmu.edu

Resources available in the Pittsburgh Community

1. [Resolve Crisis Network](#): 1-888-796-8226
 - a. A crisis can be anything from feeling lonely and needing to talk, to feeling overwhelmed with life. Stress and problems — both large and small — fill each of our lives and we all have moments of crisis.
 - b. 24-hour crisis support, referrals, intervention services for adults, teens, and their loved ones.
2. [Mercy Behavioral Health Crisis Center](#): 1-877-637-2924
 - a. Individualized treatment and support for those in crisis. Mental health professionals are available 7 days a week, 24 hours per day. Receive a confidential assessment with a crisis the same day you call.
3. [Gay and Lesbian Community Center of Pittsburgh](#): 412-422-0114; info@glccpgh.org
4. [Gateway Rehabilitation Center](#): 412-604-8900; Inpatient and Outpatient addiction recovery
5. [Planned Parenthood](#): 1-800-230-7526; Comprehensive and complementary care to those in need of services.
6. [Pittsburgh Action Against Rape](#) (PAAR): 1-866-363-7273; Support for Victims of Sexual Violence
7. [Center for Victims](#): 1-866-644-2882; Support for victims of any crime
8. [National Suicide Prevention Lifeline](#): 1-800-273-8255; 24/7, free, confidential support for people in distress.

****For those who may be in danger of immediately harming themselves or others, call 911 or go to the nearest emergency room immediately.**