



Unitarian Universalist Church of the South Hills

Community Resource Guide

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Social Service Resources

- Allegheny County Resource Guide (Comprehensive - Updated 1/16)
<https://www.health.pa.gov/Pages/default.aspx#>

Nutrition and Food Stamps

- Nutritional Assistance Programs
<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
<https://www.ssa.gov/pubs/EN-05-10100.pdf>

Employment, Financial and Legal Assistance Resources

- Women's Resource Center
Removing Barriers, Connecting Women, Creating Opportunities
<http://www.ywcapgh.org/programs/womens-resource-center>
Phone: 412-361-6433 or <http://www.ywcapgh.org/contact-us>
- Medicare
<http://www.medicare.gov>
1-800-MEDICARE (1-800-633-4273)
- MINT- Mint brings all your financial accounts together online or on your mobile device, automatically categorizes your transactions, lets you set budgets and helps you achieve your savings goals.
<https://www.mint.com>
- Social Security
<http://www.ssa.gov>
1-800-772-1213
1-800-325-0778 (TTY)
 - Representative Payee Program
<http://www.socialsecurity.gov/payee>
 - Blind or Low Vision
<https://www.ssa.gov/pubs/EN-05-10052.pdf>

Housing Resources

- PA Affordable Housing Search
Free service to list & find affordable homes & apartments in PA
<http://www.pahousingsearch.com> 1-877-428-8844
- YWCA (housing, counseling, financial, and legal assistance)
<http://www.ywcapgh.org/programs/ywhomes> 1-866-730-2368

Health Resources

General Health

- Caring Bridge:
Personal, Protected Websites for Every Health Journey
<https://www.caringbridge.org>
Customer Help Center: 651-789-2300
- Allegheny County Health Department
<https://www.alleghenycounty.us/healthdepartment/index.aspx>
412-687-ACHD (412-687-2243);
<https://www.alleghenycounty.us/contact-information/index.aspx>
- UPMC Healthy Lifestyle Program (Patient Education Materials)
<https://www.upmc.com/services/healthy-lifestyles>
800-533-UPMC (8762)
- My Lifeline: Personal Cancer Support Websites
<https://www.mylifeline.org>
- Pittsburgh AIDS Task Force
Offering support, referrals, activities, as well as volunteer opportunities and a calendar of upcoming events.
<https://alliespgh.org>
412-345-7456
- U.S. Living Will Registry
<http://www.uslivingwillregistry.com>
1-800-LIV-WILL (548-9455)
- Family Caregiver Alliance (Pennsylvania)
https://www.caregiver.org/state-list-views?field_state_tid=97
415-434-3388
- Free PA Living Will and Health Care Power of Attorney
The only Living Will and Health Care Power of Attorney form endorsed by both doctors and lawyers in Pennsylvania — available

free!

<http://www.acba.org/public/livingwill>

Addiction Resources

- Alcoholics Anonymous Pittsburgh
<http://www.pghaa.org>
412-471-7472
- Gateway Rehabilitation Center
<http://www.gatewayrehab.org>
1-800-472-1177
- Allegheny Mental Health Crisis Emergency Services
<http://allegheny.pa.networkofcare.org/mh/emergency-services.aspx>
(888) 796-8226
- SAMHSA (Substance Abuse and Mental Health Services Administration)
<https://www.samhsa.gov>
800-662-HELP (4357)
- Federal Substance Abuse Treatment Routing Service
Local Assistance: 1-800-622-2255; Emergency Help: 800-622-2255
- Al-Anon and Alateen (for families of alcoholics)
Women, men & children, once lost & helpless because of someone's drinking, today have courage & confidence in Al-Anon & Alateen.
<http://www.pa-al-anon.org/>
<https://pa-al-anon.org/contact-us/>
- Greenbriar Treatment Centers in Southwestern PA
<http://www.greenbriar.net/>
1-800-637-HOPE (4673)
Locations:<http://www.greenbriar.net/locations>

Mental Health Resources

- Teen Central
<http://www.teencentral.net/>
Helpline: 412-225-1155
- Teen Hotline
412-361-TEEN (8336)

- Western Psychiatric Institute
<https://www.upmc.com/locations/hospitals/western-psychiatric>
412-624-1000 or 1-877-624-4100
- Pittsburgh Pastoral Institute
<https://pittsburghpastoralinstitute.org/>
412-661-1239 or 1-877-661-9623
- Operation Safety Net (health care etc for the homeless)
<https://www.pittsburghmercy.org/homeless-services/pittsburgh-mercys-operation-safety-net/>
1-888-492-8950
- Mercy Behavioral Health
<https://www.pittsburghmercy.org/behavioral-health/pittsburgh-mercy-behavioral-health/>
1-877-637-2924
- Jewish Family and Children’s Service
<http://www.jfcspgh.org/>
412-422-7200
- Familylinks
<http://www.familylinks.org/>
412-343-7166
- NAMI (National Alliance on Mental Illness)
<http://www.nami.org/>
1-800-950-NAMI (6264)
- American Association for Marriage and Family Therapy
<http://www.aamft.org/iMIS15/AAMFT/> 703-838-9805

Disability Resources

- Resources for People With Disabilities & their Families in Pennsylvania
<https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/Links-to-Disability-Resources.aspx>
Office of Disability Employment Policy
<https://www.dol.gov/odep/>
- Disability Rights Network of PA: <http://disabilityrightspa.org/>
- Blind and Vision Rehabilitation Services of Pittsburgh
<http://www.pghvis.org/>
Phone: 412-368-4400

Hospice Resources

- American Academy of Hospice and Palliative Medicine
<http://www.aahpm.org/>
847-375-4712
- Aging With Dignity (5 Wishes Living Will)
<http://www.agingwithdignity.org/>
1-888-5WISHES (594-7437)
- AARP
 - Palliative Care
<https://www.aarp.org/caregiving/health/info-2018/palliative-care.html>
 - Facts about Hospice
<https://search.aarp.org/gss/everywhere?q=hospice&intcmp=D SO-SRCH-EWHERE>

Children's Resources

- Make a Wish Foundation of Greater Pennsylvania & Southern WV
<http://greaterpawv.wish.org/>
Make-A-Wish® Greater Pennsylvania and West Virginia grants the wishes of children with life-threatening medical conditions
- Reporting Child Abuse
Call 412-473-2000 or 1-800-932-0313* if you are concerned about the well-being of a person under the age of 18 years. These numbers answer 24 hours a day, 7 days a week.
<https://www.allegHENYcounty.us/Human-Services/About/Contact/Child-Abuse.aspx>
- Infants and Children Program (WIC)
<http://www.achd.net/wic/>
Enrollment: 412-350-5801
Breastfeeding Helpline: 412-247-1000
Main: 412-350-5801
- PA Safe Haven Laws (Any parent may leave a newborn baby in the care of a hospital without being criminally liable as long as the baby is no older than 28 days and is not harmed)
<http://www.secretSAFE.org/Educate.asp>
1-866-921-SAFE (1-866-921-7233)
- PA Shaken Baby Syndrome Prevention and Awareness Program
<https://childrens.pennstatehealth.org/shaken-baby>
Child Abuse Hotline: 1-800-932-0313

- CHIP (PA Children’s Health Insurance Program)
<http://www.chipcoverspakids.com/>
1-800-986-KIDS (1-800-986-5437)
- Children’s Environmental Health Network
The Children's Environmental Health Network (CEHN) is a national multi-disciplinary organization whose mission is to protect the developing child from environmental health hazards and promote a healthier environment.
<http://www.cehn.org/>
1-202-543-4033
- Highmark Caring Place: A Center for Grieving Children and Their Families
<https://www.highmarkcaringplace.com/cp2/index.shtml>
888-224-4673

Teen Resources

- Outreach Teen and Family Services
<http://www.outreachteen.org/>
412-561-5405
- Teen Hotline List: <https://teencentral.com/help>

Senior Resources

- 2018 Allegheny County Senior Resource Guide
https://issuu.com/pghseniornews/docs/2018_acsrg
- The Allegheny County Area Agency on Aging assists Allegheny County residents, 60 years of age and older, to live safe, healthy and, when possible, independent lives.
<http://www.alleghenycounty.us/Human-Services/About/Offices/Area-Agency-on-Aging.aspx>
Senior Line: 412-350-5460
- AC DHS Transportation:
<http://www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Transportation.aspx>

- **ACCESS Paratransit**
ACCESS is door-to-door, advance reservation, shared ride-transportation provided throughout Port Authority's service area, serving primarily senior citizens and persons with disabilities.
<https://myaccessride.com>
- **Funeral Consumers Alliance of Western PA**
<https://www.fcawp.org>
412-241-0705
- **Caregivers: For Our Aging Population**
WQED is proud to partner with [Highmark Blue Cross, Blue Shield](#) in this multi-platform project that includes a television documentary and digital-first content focusing on challenges for both the aging seniors and their caregivers. <http://wqed.org/caregivers>
PA Department of Aging Caregiver Support:
<http://www.aging.pa.gov/aging-services/caregiver-support/Pages/default.aspx>
- **Closure** <http://www.closure.org/>
Closure is an initiative to change expectations for end-of-life. Our goal is to empower consumers and health-care professionals with easy-to-access, simple-to-understand information to make educated decisions about end-of-life care.
- **Home Instead Senior Care**
Home Instead Senior Care is a reliable source of home care for seniors in the Pittsburgh area. Services include companionship, meal preparation, light housekeeping, medication reminders, shopping, errands, Alzheimer's care and more.
<https://www.homeinstead.com/city/greater-pittsburgh> Bethel Park:
412-276-2400
- **A Place for Mom: Connecting Families to Senior Living**
(<http://www.aplaceformom.com>) provides up-to-date, comprehensive resources on every aspect of senior living. There is no cost to clients for their services. They are paid by their partner communities only if you move in. This site includes including a senior living planner, cost planner and blog at <https://www.aplaceformom.com/planning-and-advice> and <https://www.aplaceformom.com/blog/>
- **Paying for Senior Care: Understand Your Financial Options for Long Term Care** <https://www.payingforseniorcare.com/> which includes an "Eldercare Financial Assistance Locator"
https://www.payingforseniorcare.com/longtermcare/resources/locator_tool.html

- **Options for Eldercare**
assists older adults and their families plan, manage and coordinate difficult, age-related situations
<http://www.optionsforeldercare.com/>
412-443-1365
- **Family Hospice and Palliative Care**
Family-centric care is designed to ease the pain, symptoms and stress of chronic or life-limiting illness or injury 24 hours a day, 7 days a week.
<https://www.familyhospicepa.org/>
412-572-8821
- ***New Lifestyles Magazine* (senior resource magazine & website)**
Knowing the type of community or care you or your loved one needs, may not be easy. New LifeStyles Online is the ultimate resource for senior living and care options. <https://www.newlifestyles.com/senior-living-and-care-options>
- **PALS (People Able to Lend Support) Program**
<https://www.highmarkbcbs.com/redesign/pdf/PALSBrochure-WPA.pdf> 1-800-988-0706
- **Alzheimer's Association**
<http://www.alz.org/>
1-800-272-3900
- **Mt. Lebanon Village**
stay independent and in the home you know and love!
<http://mtlebanonvillage.org/>
412-343-4054
- **Senior Companions**
Senior Corps connects today's 55+ with the people and organizations that need them most. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests, and availability.
<https://www.nationalservice.gov/programs/senior-corps/senior-corps-programs/senior-companions>
800-424-8867
- **Assisted Living Research Institute**
Assisted Living Research Institute is an industry-leading research organization dedicated to enhancing the lives of older adults by compiling comprehensive research, the latest studies, and real-world insight from experts, caregivers, and seniors into easy-to-understand, actionable guides and resources.
<https://www.assistedliving.org/pennsylvania/>

- **Senior Living Advisors**
At no cost to you, we help seniors make the next move to:
Independent Living with Support Services, Personal Care Home/Assisted Living, Secure Memory Care/Alzheimer's Care, Respite Care-Short-Term stay
<http://www.seniorlivingadvisorsltd.com/>
- **Pittsburgh Senior News** <http://pittsburghseniornews.com/>
- **UPMC Aging Institute**
<http://www.upmc.com/services/aginginstitute>
- **Penn Forest National Burial Park**
Penn Forest Natural Burial Park is Pennsylvania's first exclusively green burial ground and is committed to creating a beautiful burial park where nature is at the forefront. www.pennforestcemetery.com
- **Free PA Living Will and Health Care Power of Attorney**
The only Living Will and Health Care Power of Attorney form endorsed by both doctors and lawyers in Pennsylvania — available free!
<http://www.acba.org/public/livingwill>

LGBTQ Resources

- **The Gay and Lesbian Community Center of Pittsburgh**
The GLCC of Pittsburgh is located on Grant Street and provides a host of services to the GLBT communities of Pittsburgh including a phone line, youth group, library, meeting rooms, office space, and events.
<http://www.pghequalitycenter.org/>
412-422-0114
- **Parents, Family and Friends of Lesbians and Gays (PFLAG) Pittsburgh**
The Pittsburgh Chapter of Parents, Families and Friends of Lesbians and Gays, is part of a national organization which works to promote education and advocacy, to end discrimination and secure civil rights.
<http://pflagpgh.org/>
412-833-4556
- **Dreams of Hope (Creative and Performing Arts)**
<http://www.dreamsofhope.org/>
412-361-2065
- **Persad Center (GLBT Counseling)**
The Persad Center has been providing counseling to the LGBTQ community for over 30 years. Their services include mental health services, counseling for HIV or AIDS positive people, partner abuse counseling, drug and alcohol services, and a gender clinic that addresses issues of sexual identity in a non-judgmental

environment.

<http://www.persadcenter.org/>

412-441-9786 or 888-873-7723

- **Equality Pennsylvania**
Equality Advocates' mission is to achieve equality for lesbian, gay, bisexual, and transgender (LGBT) individuals in Pennsylvania through direct legal services, education and policy reform.
<https://lawyers.justia.com/legal-service/equality-advocates-pennsylvania-12942>
- **Pittsburgh Frontrunners**
Pittsburgh's lesbian and gay running club. Weekly walks and runs for runners and walkers of all speeds and capabilities.
<http://www.pittsburgh-frontrunners.org/>
- **Rainbow Alliance**
Fostering an atmosphere of awareness and acceptance of all individuals, this organization serves lesbian, gay, bisexual and transgender students at the University of Pittsburgh.
<http://pittrainbow.tumblr.com/>
- **Steel City Sports**
This site provides a central point for finding information on GLBTQ sports leagues in Pittsburgh.
<http://www.steelcitysports.org/>

Domestic Violence and Hate Crime Resources

- **Allegheny Health Network – Domestic Abuse**
Where to Turn ... If you are a victim of domestic abuse counseling, safe shelter, information, referral, support groups, legal options.
<https://www.ahn.org/specialties/womens-health/well-woman-care/seeking-help-domestic-abuse>
- **Women's Center & Shelter of Greater Pittsburgh Hotline**
<http://www.wcspittsburgh.org/>
412-687-8005
- **National Resource Center on Domestic Violence (NRC DV)**
<http://www.nrcdv.org/>
1-800-779-7233 or 1-800-787-3224
- **National Domestic Violence Hotline (Nationwide)**
<https://www.thehotline.org/blog/get-help-today/> 800-799-7233

- Center for Victims of Violence and Crime
<https://www.centerforvictims.org/>
1-866-644-2882
- Pittsburgh Action Against Rape (PAAR)
<http://www.paar.net/>
1-866-END-RAPE (1-866-633-7273)
- Washington's Women's Shelter
(now Domestic Violence Services of Southwestern Pennsylvania)
<https://www.peacefromdv.org/>
724-223-9190 or 800-791-4000
- PA Hate Crime Laws
<http://www.partnersagainsthate.org/laws/list-of-hate-crime-laws.html?state=pa>

Volunteer Opportunities

- **Become a Court-Appointed Special Advocate**
CASA is a private nonprofit organization who calls-to-action concerned community members to volunteer as advocates for abused and neglected children involved within the child welfare system. Our advocates work alongside system professionals to ensure that children end up in safe, supportive and permanent homes, where they can thrive and grow. <http://www.pgh-casa.org/>
- **Pittsburgh Cares**
Pittsburgh Cares, a nonprofit affiliate of the [HandsOn Network](#) works to advance a culture of volunteerism and widespread civic engagement in the Pittsburgh region. Firmly believing that the collective efforts of volunteers can transform an entire city, we provide opportunities for adults, youth, businesses, and nonprofit organizations to connect and volunteer together to address pressing social needs.
<http://www.pittsburghcares.org/>
- **Red Cross**
The Red Cross network of generous donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world. The American Red Cross of

Southwestern Pennsylvania serves nearly 1.5 million people in Allegheny, Greene, and Washington counties and is part of the 28-county Western Pennsylvania Region.

<https://www.redcross.org/local/pennsylvania/greater-pennsylvania.html>

- **Family Care Resources**

Family members and friends are the sole caregivers for 70% of elderly people in the U.S. Caregivers are often torn between the responsibilities of raising their own families while taking care of an elderly parent who needs long-term medical care. If you find yourself part of the “sandwich generation” and need assistance, here’s a short list of resources that may offer some help:

<https://www.aging.pa.gov/aging-services/help-at-Home/Pages/default.aspx>

- **Habitat for Humanity**

Habitat for Humanity envisions a world where everyone has a decent place to live. Seeking to put God’s love into action, Habitat for Humanity brings people together to build homes, communities, and hope. <http://www.pittsburghhabitat.org/>

- **Family Promise**

1 out of every 4 homeless people is a child. In response to this crisis, Family Promise brings the faith community together in a local partnership to help families experiencing homelessness. Through FPSWPA, families receive the assistance and compassionate care they need to restore their housing, independence and dignity.

<http://www.familypromiseswpa.org/>

- **Community Foodbank**

Our Mission: Our mission is to feed people in need and mobilize our community to eliminate hunger. We are a proud member of Feeding America. **Our Vision:** Our vision is a hunger-free southwestern Pennsylvania.

<https://www.pittsburghfoodbank.org/>

- **South Hills Interfaith Movement (SHIM)**

The South Hills Interfaith Movement: Neighbors helping neighbors. In the South Hills, hidden in plain sight among our community’s beauty, are people struggling with poverty and hunger. The South Hills Interfaith Movement invites you to join us and help our neighbors in need. Currently, we’re serving more than 4,000 of our neighbors. Please join us to combat hunger and homelessness with food, clothing, employment assistance, and a lift up to a better life.

<http://shimcares.org/>