

Local Agencies for Trauma Services

Center for Victims of Violence and Crime

Assists with trauma services for crime-related trauma and provides information and referrals for trauma services.

Office: 412-482-3240 Hotline/24 Hrs.: 412-392-8582

Pittsburgh Action Against Rape (PAAR)

Assists with information and trauma services for sexual trauma, rape, incest, and child sexual abuse. Services for adults, children and families.

Office-412-432-5665 Hotline/24 Hrs.: 1-866-363-7273

Allegheny General Hospital's Center for Traumatic Stress in Children and Adolescents

Serves children and families who experience traumatic events in their lives, providing evaluation and treatment of children who have experienced a variety of traumatic life events.

Main Number: 412-330-4328

Women's Center and Shelter/Greater Pittsburgh

Assists with trauma services for domestic violence. Services for adults, children and families. Provides information and referrals for trauma services.

Hotline: 412-687-8005 Toll Free: 877-338-8255

re:solve Crisis Network

Confidential telephone or face-to-face counseling is available 24 hours a day, 365 days a year, regardless of insurance coverage or ability to pay.

1-888-7-YOU CAN (1-888-796-8226)

Accessing Services and Interviewing a Counselor

If you or your child needs trauma-related services, you can start with the resources listed on this page or call your insurance company. If you do not have insurance, you can call the Allegheny County Office of Behavioral Health at 412-350-4457.

Finding a counselor you feel comfortable with can be intimidating. It is helpful to bring a list of questions to your first appointment to make sure you understand how the counselor will work with you and/or your child.

Questions to ask include:

- How she or he can help with a specific issue (anger, relationships, addiction).
- What approach he or she takes during sessions, for example using art, writing, talk, etc.
- If she or he refers you to another provider for medication needs.
- How long and how often appointments are scheduled.
- How he or she responds to emergencies, and if you can call if you experience a crisis.
- How much the sessions cost.

Print and Online Resources for Survivors, Families, and Providers

BOOKS FOR ALL AUDIENCES:

- *The Post-Traumatic Stress Disorder Sourcebook*, by Glenn R. Schiraldi, Ph.D.
- *Take Time for Your Life*, by Cheryl Richardson
- *The Courage to Heal*, by Ellen Bass and Laurie Davis
- *The Family*, by John Bradshaw
- *Victims No Longer, Men Recovering from Incest and other Sexual Child Abuse*, by Mike Lew and Ellen Bass

BOOKS FOR PROVIDERS:

- *Creating Sanctuary: Toward the Evolution of Sane Societies*, by Sandra L. Bloom, M.D.
- *Trauma and Recovery*, by Judith Herman, M.D.
- *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*, by Peter Levine
- *Getting Through the Day*, by Nancy Napier
- *Treating Trauma and Traumatic Grief in Children and Adolescents*, by Anthony Mannarino, Ph.D. and Judith Cohen, M.D.

WEB SITES:

- Substance Abuse and Mental Health Administration, National Center for Trauma-Informed Care: <http://mentalhealth.samhsa.gov/nctic/trauma.asp>
- Sidran Institute, Traumatic Stress Education and Advocacy: www.sidran.org
- Sanctuary Model for Trauma-Informed Care: www.sanctuaryweb.com
- Risking Connection: www.riskingconnection.org
- David Baldwin, Trauma Information: www.trauma-pages.com
- Child Trauma Academy: www.childtrauma.org
- International Society for The Study of Trauma and Dissociation: www.isst-d.org