Student Affairs
Graduate and Professional Student Orientation

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Vice Provost and Dean of Students
University Counseling Center

• This is a season of uncertainty and stress for many of us. Please continue to take care of your mental health and check in with a mental health professional if you think you could use some extra support.

• For a teletherapy appointment, call 412-648-7930
• TAO (Therapy Assistance Online) app
• Virtual Wellness Workshops
• 24-7 crisis hotline
Tips for Staying Well While Staying In

CONNECT WITH LOVED ONES
Schedule a Zoom call, virtual game night or virtual movie night with family and friends.

FIND YOUR FLOW
Practice meditation, do a puzzle, color, or engage in a hobby.

LOG ON TO THERAPY ASSISTANCE ONLINE
Free and confidential virtual self-help resources available to all Pitt students.

GET CREATIVE
Learn a new skill, start a journal, write a poem or create artwork.

ENGAGE IN EXERCISE
Get moving by dancing to your favorite song, gently stretching, or joining a virtual workout class.

JOIN A WELLNESS WORKSHOP
Sign up for a Virtual Wellness Workshop - offered daily at the UCC!
Student Health Service

• Please continue to care for your regular health needs—immunizations, annual check-ups, and any other health concerns.
  • For an appointment, call 412-383-1800
    • Primary care
    • Women’s health care
    • Men’s health care
    • LGBTQIA+ health care
    • Psychiatry
    • Orthopedic Care and Sports Medicine
    • Physical Therapy
    • Immunization
Additional Resources

✓ PittServes
  ✓ Civic Action Week, October 5-10
  ✓ Pitt Pantry, pantry@pitt.edu
  ✓ Thriftsburgh, www.universityofthriftsburgh.com
    ✓ Follow us on Instagram and Facebook

✓ PITT ARTS
  ✓ Free museum visits
    (studentaffairs.pitt.edu/pittarts/freemuseum/)

✓ Reach out to deanofstudents@pitt.edu
“No matter your affiliation, we are all members of the same community. We are all in this together, and we will get through this together.”

--Pitt Community Compact

Stay safe!