

Immediate Help / Crisis

Dial 911 if anyone is in immediate danger.

988 — National Suicide & Crisis Lifeline — connects you to local crisis support (free, 24/7).

Resolve Crisis Services (Allegheny County / UPMC) — 24/7 crisis intervention, walk-in center

24/7 hotline: 1-888-796-8226

Walk-in Crisis Center: 333 N. Braddock Ave., Pittsburgh, PA 15208

Website / info: <https://www.upmc.com/services/behavioral-health/programs/emergency-crisis/resolve-crisis-services>.

One-call / general navigation (best first call for many needs)

PA 2-1-1 / United Way PA 211 (Southwest PA) — free referral line for housing, utilities, food, health, legal referrals, and more.

Dial: 2-1-1 (or text your ZIP to 898-211) — 24/7.

Website / search: <https://www.pa211.org>.

Allegheny Link (DHS) — centralized housing & shelter access

Phone: 1-866-730-2368 (live Monday–Friday 8:00 AM–5:00 PM; after hours recorded options)

Website / info: <https://connect.alleghenycounty.us/housing-shelter/>.

Suicide prevention & mental health (free / county options)

Resolve Crisis Services (see above — 24/7 crisis hotline & mobile teams; walk-in center at 333 N. Braddock Ave.). Call 1-888-796-8226.

NAMI (National Alliance on Mental Illness) — PA resources / local chapters — offers support groups, education and referrals. Main NAMI Pennsylvania page and local chapter links via NAMI Keystone. Website: <https://www.namikeystonepa.org>.

Prepared by: Theresa Poindexter

TLP MINISTRIES

www.tlpmin.org

Homeless shelters & housing help

Light of Life Rescue Mission — emergency shelter, meals, case management

Address: 234 Voegtly St., Pittsburgh, PA 15212

Phone: 412-803-4100 (main shelter line)

Website: <https://www.lightoflife.org>.

Allegheny Link (DHS) — central intake for shelter referrals (see contact above).

Salvation Army — Family Caring Center / emergency family services

Local Salvation Army offices provide family shelter referrals and support; call the local Salvation Army regional number (check site for the correct Pittsburgh location). Website (regional): <https://easternusa.salvationarmy.org/western-pennsylvania/>.

Catholic Charities (housing assistance & emergency supports) — case management & referrals for housing. Catholic Charities of the Diocese of Pittsburgh — main office: 111 Boulevard of the Allies, Pittsburgh, PA 15222; phone 412-456-6999; website: <https://www.ccpgh.org>.

PA Homeless Assistance Program (state program) — apply/learn via PA DHS or local county offices (use Allegheny Link/211 to get routed).

Utility Assistance & Energy help

Dollar Energy Fund (utility bill help) — Utility Assistance Hotline: 1-888-282-6816; admin phone 412-431-2800. Address: P.O. Box 42329, Pittsburgh, PA 15203.

Website: <https://www.dollarenergy.org>.

LIHEAP (PA Low Income Home Energy Assistance Program) — apply through County Assistance Office / COMPASS; local application help via 2-1-1 or county DHS. General LIHEAP info: <https://www.dhs.pa.gov/> (search LIHEAP).

United Way / 211 referrals — call 2-1-1 for local utility assistance programs and agencies that provide emergency funds.

Prepared by: Theresa Poindexter

TLP MINISTRIES

www.tlpmin.org

Free / low-cost medical care

Catholic Charities — Free Health Care Center (medical & some behavioral supports for uninsured/underinsured)

Address / Admin: 111 Boulevard of the Allies, Pittsburgh, PA 15222

Phone: 412-456-6999 (call 412-456-6911 for eligibility / Free Health Center appointment info as listed on site)

Website: <https://www.ccpgh.org/services/free-health-care-center>.

Allegheny County Health Department — free/low-cost programs & pediatric dental

Address: 542 Fourth Ave., Pittsburgh, PA 15219 (main health dept. office)

Phone: 412-687-2243 (main health dept number)

Website: <https://www.alleghenycounty.us/Health-Department.aspx>.

Community clinics / Federally Qualified Health Centers (FQHCs) — use 211 or

Allegheny County “Free or Low-Cost Health and Dental Options” page to locate clinics near you.

Free / low-cost dental (including children's dental)

Mission of Mercy (MOM-PGH) — free two-day dental & vision clinics (no insurance required). Check site for next event date and location. Phone (site listing): 412-206-1758; website: <https://mompgh.org>.

Allegheny County Pediatric Dentistry (county program for low-income children) — contact Allegheny County Health Dept or the county “Pediatric Dentistry” program page for clinic locations and eligibility. Website: <https://www.alleghenycounty.us> (search Pediatric Dentistry).

University of Pittsburgh School of Dental Medicine — they operate clinics and sometimes reduced-cost care; check schedule & phone: 412-648-8616 (dental patient info) — listed on Mission of Mercy patient resources.

Diaper banks, WIC & food assistance

WIC (Women, Infants, & Children) — nutrition & formula support: contact local WIC office (Allegheny County public health / WIC listing) or call 2-1-1 for nearest WIC site. Website for state WIC: <https://www.dhs.pa.gov> (search “WIC Pennsylvania”).

Greater Pittsburgh Community Food Bank — food pantry network and referrals for local pantries. Main line: 412-460-FOOD (412-460-3663). Website: <https://pittsburghfoodbank.org>.

Diaper bank locations / distributions — there are several community diaper programs (churches, nonprofits) — call 2-1-1 or search “diaper bank Pittsburgh” + your ZIP for the nearest distribution point. (Many diaper programs are run by local community partners and change distribution schedules.)

SNAP (Food Stamps) — apply via PA COMPASS or call PA DHS helpline; local help via 2-1-1.

Childcare / ELRC / child-care subsidies (Allegheny County)

ELRC Region 5 (Allegheny County) — Early Learning Resource Center (manages child care subsidy)

Address: 304 Wood Street, Suite 400, Pittsburgh, PA 15222 (ELRC5 office information)

Phone: 412-350-3577

Website / family info: <https://www.elrc5.alleghenycounty.us/families/afford-child-care>.

Child Care Works (PA subsidy program) — apply via COMPASS: <https://www.pa.gov> (search Child Care Works / COMPASS).

Emergency / short-term child care (community options) — Jeremiah’s Place and other local programs sometimes provide short-term care; call 211 or ELRC5 to find current local emergency child care options.

Prepared by: Theresa Poindexter

TLP MINISTRIES

www.tlpmin.org

Help for single mothers & single fathers (family services)

HEARTH (support & transitional housing for mothers/families) — transitional housing & supportive services for families. Website: <https://hearthpgh.org>. (Call 2-1-1 or Allegheny Link for immediate housing referrals.)

Salvation Army Family Services — family shelter and supports (call local Salvation Army for Pittsburgh family services).

YWCA Greater Pittsburgh — programs & referrals that can help single parents (employment, limited financial assistance); Phone: 412-391-5100; website: <https://ywcapgh.org>.

(For all family supports, 2-1-1 and Allegheny Link are good central starting points.)

Low-income help / benefits / cash assistance

PA COMPASS (apply for cash assistance, SNAP, Medicaid, child care subsidy) — apply online at <https://www.compass.state.pa.us> or call the local County Assistance Office for Allegheny County. State DHS info: <https://www.pa.gov>.

United Way / 2-1-1 — referrals to short-term assistance programs for rent, utilities, food and more.

City of Pittsburgh / URA Housing Stabilization — short-term emergency assistance programs (check URA and city resources for current funds/criteria). URA / OwnPGH details below.

Prepared by: Theresa Poindexter

TLP MINISTRIES

www.tlpmin.org

Buying a first-time home (local programs & down-payment help)

OwnPGH (City of Pittsburgh / URA) — homebuyer program — down-payment and rehab grants for eligible first-time buyers (income limits apply). URA contact: 412-255-6694; website: <https://www.ura.org/pages/OwnPGH>.

First Home Allegheny (Allegheny County program) — loan/assistance options for first-time buyers in Allegheny County. Details & eligibility: Allegheny County website (First-Home Allegheny Program).

Local community banks (example: SSB Bank) — many local banks partner with city/county programs to provide down-payment assistance — contact lenders that participate in URA / county programs (SSB Bank lists first-time homebuyer options).

1. Allegheny County Department of Economic Development – First-Time Homebuyer Program

Offers down payment and closing cost assistance for low- to moderate-income buyers purchasing a home in Allegheny County.

Phone: 412-350-4630

Address: 200 Ross Street, 7th Floor, Pittsburgh, PA 15219

Website: <https://www.alleghenycounty.us/economic-development>

2. Pittsburgh Homeownership Assistance Program (PHAP)

Provides up to \$15,000 in down payment and closing cost assistance for first-time buyers within Pittsburgh city limits.

Phone: 412-255-6692

Address: City of Pittsburgh Housing & Community Development, 200 Ross Street, Suite 500, Pittsburgh, PA 15219

Website: <https://pittsburghpa.gov/hcd/homeownership>

3. NeighborhoodLIFT Program (National / Local Partnered Program)

Provides forgivable down payment assistance and financial education for first-time buyers.

Phone: 1-877-448-3536

Website: <https://www.lift.impacthousing.org>

4. PA Housing Finance Agency (PHFA) – First-Time Homebuyer Programs
Offers low-interest loans, grants, and mortgage credit certificates for first-time buyers across Pennsylvania.

Phone: 1-855-827-3466

Website: <https://www.phfa.org/programs/homeownership>

5. NeighborWorks Western Pennsylvania

Nonprofit offering homebuyer education, counseling, and down payment assistance.

Phone: 412-281-9772

Address: 1227 Western Avenue, Pittsburgh, PA 15233

Website: <https://www.nwwpa.org>

6. Homeownership Education & Counseling

Free or low-cost classes are often required to access grants or assistance.

Offered by PHFA, NeighborWorks, and HUD-certified counseling agencies.

Local HUD-Certified Agencies in Allegheny County:

Neighborhood Housing Services of Pittsburgh – 412-281-9772

– <https://www.nhspgh.org>

Consumer Credit Counseling Service of Greater Pittsburgh – 412-661-2663

– <https://www.cccspittsburgh.org>

Tips for First-Time Homebuyers

1. Complete a HUD-approved homebuyer education class.
2. Apply for down payment assistance early.

Free legal help / civil legal aid / child custody & related family law

Neighborhood Legal Services (NLS) — civil legal aid in Allegheny County
Address (main): 928 Penn Ave., Pittsburgh, PA 15222 (confirm current office location on their site)
Phone: 412-255-6700 or toll-free 866-761-6572 (verify on NLS site)
Website / apply for help: <https://nlsa.us> — NLS provides help with family law, custody questions, housing, public benefits, PFA help and other civil legal matters (scope depends on eligibility).

Pennsylvania Legal Aid Network / PA LawHelp (referrals to legal aid providers) — statewide directory; use PALawHelp.org to find the right program for Allegheny County.
Website: <https://www.palawhelp.org>.

Allegheny County Bar / PBA Pro Bono (referrals & low-cost legal assistance) — Pennsylvania Bar Association local pro bono info and request forms (some clinics & pro bono attorneys assist with custody and family court matters). See PBA pro bono map / Allegheny resources.

Notes about child custody & family law: legal aid organizations offer legal advice, limited representation, or full representation depending on funding and your income. Call NLS (above) or PALawHelp.org to check eligibility.

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

In Allegheny County, Pennsylvania, several organizations offer free or low-cost legal services to individuals with low incomes. Here are some resources you may qualify for:

Before reaching out, it's advisable to check each organization's specific eligibility requirements and the scope of services they provide to ensure they can address your particular legal needs.

https://www.palawhelp.org/organization/neighborhood-legal-services-association-alleg?utm_source=chatgpt.com

https://connect.alleghenycounty.us/legal-help-jail-resources/legal-resources/?utm_source=chatgpt.com

<https://www.acbf.org/pro-bono-center/>

<https://yfrp.pitt.edu/resources/resources-individuals-families/legal-services>

<https://www.findlaw.com/state/pennsylvania-law/free-legal-aid-in-pittsburgh.html>

<https://www.getapittsburghlawyer.com/affording-an-attorney-1>

<https://www.paprobono.net/>

<https://www.usa.gov/legal-aid>

Do back ground checks

<https://ujportal.pacourts.us/CaseSearch>

Prepared by: Theresa Poindexter

TLP MINISTRIES

www.tlpmin.org

Domestic violence help, shelter & Protection From Abuse (PFA) filing

Women's Center & Shelter of Greater Pittsburgh (WC&S) — emergency shelter, 24-hour hotline, legal advocacy and help filing PFAs

24-Hour Hotline: 412-687-8005 (Use for immediate help, shelter referrals, legal advocacy, safety planning)

Website / services: <https://wcspittsburgh.org> — their site has detailed PFA guidance and legal advocacy services.

Allegheny County District Attorney – Domestic Violence Unit / PFA information

General DA Victim Services & PFA info: call Allegheny County Courts — PFA unit: 412-350-4441 (for court procedures and filing questions). Website: Allegheny County DA Domestic Violence pages.

How to file a PFA in Allegheny County (summary of steps & where to go):

1. If you are in immediate danger, call 911.
2. For shelter / safety planning call WC&S 24-hour Hotline: 412-687-8005 for emergency shelter and advocates who will explain PFA options and can accompany you to court.
3. To file a civil Protection From Abuse (PFA) petition: you can go to the Allegheny County Courthouse (family/domestic relations court) or contact WC&S or NLS for legal advocacy and help completing paperwork. The County Courts PFA unit phone: 412-350-4441.
4. The DA's Domestic Violence Unit and local advocates can explain temporary emergency orders, full hearings, custody considerations, and how criminal charges differ from civil PFA relief.

Other DV resources / hotlines: Crisis Center North and other local shelters/centers can also assist with shelter and PFA info; call 2-1-1 for other nearby programs.

Free mental health programs & counseling (community options)

Catholic Charities counseling & behavioral health programs — call 412-456-6999 for intake and eligibility for counseling services.

NAMI Allegheny / NAMI Keystone — peer support groups, family support, education — search NAMI Keystone or call local chapter via NAMI PA site.

Allegheny County behavioral health provider listings — county DHS lists community mental health providers and free/low-cost programs on the Allegheny DHS / Health Department pages.

1. Re:Solve Crisis Network

Provides 24/7 crisis counseling, suicide prevention, and mobile crisis teams.

Phone (24/7): 1-888-796-8226

Walk-In Address: 333 North Braddock Avenue, Pittsburgh, PA 15208

Website: <https://www.upmc.com/services/behavioral-health/resolve-crisis>

2. PA 211 Southwest – Mental Health Referrals

Connects residents to free or low-cost counseling, support groups, and crisis services.

Phone: 211

Website: <https://pa211sw.org>

Quick reference — important phone numbers & websites

PA 2-1-1 (United Way / PA 211) — Dial 2-1-1 or text ZIP to 898-211
— <https://www.pa211.org>.

Allegheny Link (housing/shelter) — 1-866-730-2368
— <https://connect.alleghenycounty.us/housing-shelter/>.

Resolve Crisis Services (24/7) — 1-888-796-8226 — Walk-in: 333 N. Braddock Ave., Pittsburgh, PA 15208 — <https://www.upmc.com/services/behavioral-health/programs/emergency-crisis/resolve-crisis-services>.

Women's Center & Shelter (DV / PFA help) — 24-hr hotline: 412-687-8005
— <https://wcspittsburgh.org>.

Neighborhood Legal Services (civil legal aid) — 412-255-6700 / 866-761-6572
— <https://nlssa.us>.

Catholic Charities — Free Health Care Center — 412-456-6999; 111 Boulevard of the Allies, Pittsburgh, PA 15222 — <https://www.ccpgh.org/services/free-health-care-center>.

Light of Life Rescue Mission (shelter) — 412-803-4100; 234 Voegtly St., Pittsburgh, PA 15212 — <https://www.lightoflife.org>.

Mission of Mercy (free dental clinic) — <https://mompgh.org>; patient phone on site 412-206-1758 (check site for upcoming clinic dates/locations).

Dollar Energy Fund (utility assistance) — 1-888-282-6816
— <https://www.dollarenergy.org>.

ELRC Region 5 (Allegheny County) — 412-350-3577; office: 304 Wood St., Suite 400, Pittsburgh, PA 15222 — <https://www.elrc5.alleghenycounty.us>.

Allegheny County Courts (PFA unit) — 412-350-4441 (for PFA / court filing procedures).

Suicide Prevention Resources – Allegheny County

Re: Solve Crisis Network (Allegheny County)

This is the main 24/7 mental health crisis service for Allegheny County. Anyone can call for immediate help with suicidal thoughts, severe depression, or emotional emergencies. They also offer mobile crisis teams that can come to your location.

Phone (24/7): 1-888-796-8226

Walk-In Address: 333 North Braddock Avenue, Pittsburgh, PA 15208

Services: Crisis counseling, suicide intervention, mobile crisis response, referrals

Website: <https://www.upmc.com/services/behavioral-health/resolve-crisis>

National Suicide & Crisis Lifeline (24/7)

Text or call if you or someone you know is thinking about suicide or in emotional distress.

Phone: 988

Text: 988

Chat: <https://988lifeline.org>

Services: Suicide prevention, mental health crisis support

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

Allegheny County Information & Referral Line

Provides quick connections to local suicide prevention programs, crisis services, and emergency mental health help.

Phone: 211 (press option for mental health support)

Alternate Phone: 1-888-553-5778

Website: <https://pa211sw.org>

Resolve Mobile Crisis Team (Countywide Response)

A crisis team can come to your home anywhere in Allegheny County for suicide risk help and emergency mental health support.

Request Through: Same number as Re:Solve – 1-888-796-8226

UPMC Western Psychiatric Hospital – Emergency Mental Health

Walk-in emergency services for suicidal individuals needing hospitalization or psychiatric evaluation.

Address: 3811 O'Hara Street, Pittsburgh, PA 15213

Emergency Phone: 412-624-2100

Website: <https://www.upmc.com/locations/hospitals/western-psychiatric>

Pennsylvania Suicide Prevention Alliance

Provides statewide suicide prevention education, support, and survivor resources.

Website: <https://www.paspc.org>

Email: info@pasuicideprevention.org

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

Veterans Crisis Help (Allegheny/Pittsburgh VA)

Suicide and crisis support for veterans and service members.

Phone: 988 then Press 1

Text: 838255

VA Pittsburgh Medical Center: 412-822-2222

Website: <https://www.veteranscrisisline.net>

Trevor Project (LGBTQ+ Suicide Prevention)

National suicide prevention for LGBTQ youth and adults.

Phone: 1-866-488-7386

Text: "START" to 678-678

Website: <https://www.thetrevorproject.org>

Survivors of Suicide Bereavement Support (Pittsburgh)

Support group for families and individuals affected by suicide loss.

Phone: 412-362-8573

Website: <https://www.srspgh.org>

Email: griefsupport@familyresourcesofpa.org

Homeless Shelters – Allegheny County

Allegheny County Homeless Intake – 24/7

Centralized access point for emergency shelter placement in Allegheny County. Anyone experiencing homelessness must call here for shelter referrals.

Phone (24/7): 1-833-660-4673

Website: <https://www.alleghenycounty.us/Human-Services>

Services: Emergency shelter placement, housing resources, family shelters

Light of Life Rescue Mission (Men & Women)

Christian-based shelter providing emergency housing, meals, and recovery programs. Separate shelters for men and women.

Men's Shelter Address: 913 Western Avenue, Pittsburgh, PA 15233

Women and Children Center: 234 Voskamp Street, Pittsburgh, PA 15212

Phone: 412-258-6100

Website: <https://www.lightoflife.org>

Women's Center & Shelter of Greater Pittsburgh (Domestic Violence Safe Shelter)

Safe emergency shelter for women and children fleeing domestic violence.

24/7 Hotline: 412-687-8005

Text/SMS: 412-744-8445

Website: <https://www.wcspittsburgh.org>

Address: Confidential for safety; call hotline for intake

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

Bethlehem Haven (Women Only)

Provides emergency shelter and supportive housing for homeless women.

Address: 905 Watson Street, Pittsburgh, PA 15219

Phone: 412-391-1348

Website: <https://bethlehemhaven.org>

FamilyLinks – Emergency Shelter for Youth & Adults

Short-term housing with services for homeless youth, adults, and families.

Main Office Address: 401 North Highland Avenue, Pittsburgh, PA 15206

Phone: 866-583-6003

Website: <https://www.familylinks.org>

Salvation Army Family Caring Center (Families with Children)

Emergency shelter specifically for families with children. No single adults.

Address: 601 North Aiken Avenue, Pittsburgh, PA 15206

Phone: 412-661-0620

Website: <https://wpa.salvationarmy.org>

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

Pleasant Valley Men's Shelter (Men Only)

Overnight emergency shelter partnered with Northside Common Ministries.

Address: 1601 Brighton Road, Pittsburgh, PA 15212

Phone: 412-323-1163

Website: <https://www.ncmin.org>

Pittsburgh Mercy – Operation Safety Net (Homeless Outreach)

Street outreach, not a shelter, but vital for helping unsheltered individuals get into shelter or services.

Phone: 412-232-5739

Street Outreach: 412-779-1329

Address: 1518 Forbes Avenue, Pittsburgh, PA 15219

Website: <https://www.pittsburghmercy.org>

HEARTH – Homeless Families & Domestic Violence Survivors

Transitional housing and support for women and families experiencing homelessness or fleeing abuse.

Phone: 412-366-9801

Address: 3724 Mount Royal Blvd, Glenshaw, PA 15116

Website: <https://www.hearth-bp.org>

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

Veterans Leadership Program (Veterans & Families)

Housing assistance and emergency support for homeless veterans.

Phone: 412-481-8200

Address: 2934 Smallman Street, Pittsburgh, PA 15201

Website: <https://www.veteransleadershipprogram.org>

Utility Assistance – Allegheny County

LIHEAP (Low-Income Home Energy Assistance Program)

Provides heating assistance for low-income households during winter months. Grants do not have to be repaid.

Apply Online: <https://www.compass.state.pa.us>

Phone (PA Statewide): 1-866-857-7095

Local Assistance: Allegheny County Energy Assistance Office

Address: 301 5th Avenue, Suite 330, Pittsburgh, PA 15222

Dollar Energy Fund

Provides grants to help pay past-due electric, gas, and water bills for low-income households.

Phone: 1-800-683-7036

Address: 333 Smithfield Street, Suite 400, Pittsburgh, PA 15222

Website: <https://www.dollarenergy.org>

Duquesne Light Company – Customer Assistance Program (CAP)

Reduces monthly electric bills for low-income customers based on income eligibility.

Phone: 1-888-393-7600

Website: <https://www.duquesnelight.com>

Peoples Natural Gas – Customer Assistance Program

Offers payment plans and monthly bill reductions to help avoid shut-offs.

Phone: 1-800-400-9276

Website: <https://www.peoples-gas.com>

Columbia Gas – CAP and Emergency Repair Program

Provides reduced payments and protection from shutoff for natural gas bills.

Phone: 1-800-537-7431

Website: <https://www.columbiagaspa.com>

PA 211 Southwestern – Utility Help Referrals

Connects you to local churches and nonprofits that assist with utility bills.

Phone: 211

Website: <https://pa211sw.org>

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

City of Pittsburgh – Water Assistance Program (PWSA Bill Help)

Provides assistance for overdue Pittsburgh Water and Sewer Authority bills.

Phone: 412-255-2423

Address: 1200 Penn Avenue, Pittsburgh, PA 15222

Website: <https://www.pgh2o.com>

Catholic Charities – Emergency Utility Assistance

Provides emergency financial help for utilities depending on funding availability.

Phone: 412-456-6999

Address: 212 9th Street, Pittsburgh, PA 15222

Website: <https://www.ccpgh.org>

Salvation Army – Utility Relief

Provides one-time financial utility assistance based on funding and eligibility.

Phone: 412-394-3648

Address: 1060 McNeilly Road, Pittsburgh, PA 15226

Website: <https://wpa.salvationarmy.org>

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

St. Vincent de Paul Society – Utility Help

Local churches may assist with emergency utility shutoff notices.

Phone: 412-321-1071

Address: 1501 Reedsdale Street, Suite 3003, Pittsburgh, PA 15233

Website: <https://svdppitt.org>

Free and Low-Cost Healthcare – Allegheny County

Allegheny County Health Department – Free Clinics

Provides free or low-cost medical care including immunizations, STD testing, TB testing, and women's health services.

Phone: 412-578-8062

Address: 1908 Wylie Avenue, Pittsburgh, PA 15219

Website: <https://www.alleghenycounty.us/health>

Catholic Charities Free Health Care Center

Serves uninsured adults with free medical care, dental care, and prescription assistance.

Phone: 412-456-6911

Address: 212 Ninth Street, Pittsburgh, PA 15222

Website: <https://www.ccpgh.org/free-health-care-center>

Prepared by: Theresa Poindexter
TLP MINISITRIES
www.tlpmin.org

Birmingham Free Clinic (Run by UPMC and Pitt)

Provides free healthcare services for uninsured or underinsured adults.

Phone: 412-692-4706

Address: 2100 Wharton Street, Pittsburgh, PA 15203

Website: <https://www.birminghamfreeclinic.org>

Squirrel Hill Health Center

Offers medical, behavioral health, and dental services with sliding-scale fees based on income. Accepts uninsured patients.

Phone: 412-422-7442

Address: 4516 Browns Hill Road, Pittsburgh, PA 15217

Website: <https://www.squirrelhillhealthcenter.org>

North Side Christian Health Center

Faith-based clinic serving uninsured or low-income individuals with primary care and mental health services.

Phone: 412-321-4001

Address: 816 Middle Street, Pittsburgh, PA 15212

Website: <https://nschc.org>

Prepared by: Theresa Poindexter
TLP MINISITRIES
www.tlpmin.org

Allegheny Health Network – Center for Inclusion Health

Provides free and low-cost services for uninsured, homeless, and underserved individuals.

Phone: 412-359-3360

Address: 120 Fifth Avenue, Suite 2500, Pittsburgh, PA 15222

Website: <https://www.ahn.org/inclusion-health>

Sto-Rox Neighborhood Health Council

Community health center offering affordable medical services regardless of insurance status.

Phone: 412-771-6462

Address: 710 Thompson Avenue, McKees Rocks, PA 15136

Website: <https://srnmc.org>

Health Care for the Homeless Program

Provides medical treatment to unhoused individuals at local shelters and outreach sites.

Phone: 412-586-5807

Address: 7227 Hamilton Avenue, Pittsburgh, PA 15208

Website: <https://www.pchspitt.org>

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

UPMC Financial Assistance Program

UPMC hospitals offer charity care for low-income patients to reduce or eliminate medical bills.

Phone: 1-800-371-8359

Apply Online: <https://www.upmc.com/billing/financial-assistance>

PA Medical Assistance (Medicaid) – Free Health Insurance

Provides free health insurance for low-income adults, children, seniors, and people with disabilities.

Apply Online: <https://www.compass.state.pa.us>

Phone (PA Health Hotline): 1-866-550-4355

Allegheny County Assistance Office: 800-692-7462

Free and Low-Cost Dental Care – Allegheny County

Dental Clinics for Uninsured or Low-Income Residents

1. Catholic Charities Free Dental Clinic

Provides basic dental care for uninsured adults.

Services: Exams, cleanings, fillings, extractions.

Phone: 412-456-6999

Address: 212 Ninth Street, Pittsburgh, PA 15222

Website: <https://www.ccpgh.org/free-health-care-center>

2. Birmingham Free Clinic (Dental Services)

Offers free dental care to uninsured patients along with medical services.

Phone: 412-692-4706

Address: 2100 Wharton Street, Pittsburgh, PA 15203

Website: <https://www.birminghamfreeclinic.org>

3. University of Pittsburgh School of Dental Medicine – Community Clinic

Dental students provide care under supervision at reduced cost; some services are free for qualifying low-income patients.

Phone: 412-648-8750

Address: 3501 Terrace Street, Pittsburgh, PA 15261

Website: <https://www.dental.pitt.edu/patients>

4. Smilemobile – Children's Dental Program

Free dental care for children in underserved neighborhoods; includes exams, cleaning, fluoride, and sealants.

Phone: 412-247-8300

Website: <https://www.pittsburghkidsdental.org>

5. Community Dental Center (Affordable Care)

Offers sliding-scale fees for adults and children, focusing on low-income and uninsured patients.

Phone: 412-321-8220

Address: 1133 Spring Garden Avenue, Pittsburgh, PA 15212

Website: <https://www.comm-dental.org>

6. PA Department of Health – Allegheny County Oral Health Program

Connects residents to local clinics and mobile dental programs for low-income adults and children.

Phone: 412-578-8044

Website: <https://www.alleghenycounty.us/Health-Department/Programs/Oral-Health.aspx>

7. Access Dental – Community Health Centers

Offers free or low-cost dental care at several community health locations.

Phone: 412-321-4001

Address: 816 Middle Street, Pittsburgh, PA 15212

Website: <https://nschc.org>

8. SmileDirect Club – Limited Community Outreach

Offers occasional free screenings and dental health education events in partnership with local nonprofits.

Website: <https://smiledirectclub.com>

Tip: Many local churches and nonprofits partner with these clinics for mobile dental events. Check PA 211 Southwest (211) for up-to-date schedules.

Help for Single Mothers – Allegheny County

1. Allegheny County Department of Human Services – TANF & Childcare Assistance

Provides cash assistance, child care subsidies, and employment support for single mothers.

Phone: 412-350-5701

Address: 442 39th Street, Pittsburgh, PA 15201

Website: <https://www.alleghenycounty.us/Human-Services/Programs-Services/Families/TANF.aspx>

2. Women's Center & Shelter of Greater Pittsburgh

Provides shelter, counseling, and support for mothers fleeing domestic violence.

24/7 Hotline: 412-687-8005

Text/SMS: 412-744-8445

Website: <https://www.wcspittsburgh.org>

3. YWCA Greater Pittsburgh – Single Mother Support Programs

Offers financial literacy, career development, and emergency housing assistance.

Phone: 412-391-5100

Address: 3600 Babcock Boulevard, Pittsburgh, PA 15237

Website: <https://www.ywcapgh.org>

4. Familylinks – Family Support Programs

Provides parenting support, counseling, and emergency assistance for single mothers.

Phone: 866-583-6003

Address: 401 North Highland Avenue, Pittsburgh, PA 15206

Website: <https://www.familylinks.org>

5. St. Margaret Foundation – Housing & Financial Assistance

Offers affordable transitional housing for single mothers and children.

Phone: 412-922-1400

Website: <https://www.stmargaretfoundation.org>

Helpful Sites

<https://www.alleghenycounty.us/Services/Human-Services-DHS/Publications/Resource-Guides>

<https://www.redtreehouse.org/resources/#search/view-resource-details/60c901f7baae64001e9d6978>

<https://www.parentcenterhub.org/resourcelibrary/index/s/s4/>

<https://cribsforkids.org/request-a-crib/>

<https://www.findhelp.org/goods/baby-supplies--pittsburgh-pa?postal=15237>

https://genesispgh.org/events/category/bellevue-classes/?tribe_redirected=1

Help for Single Fathers – Allegheny County

1. Allegheny County TANF & Employment Programs

Single fathers with custody of children may apply for cash assistance, childcare subsidies, and employment support.

Phone: 412-350-5701

Website: <https://www.alleghenycounty.us/Human-Services/Programs-Services/Families/TANF.aspx>

2. Fathers' Resource Centers / Male Engagement Programs

Offers parenting classes, mentorship, and support for single fathers.

Allegheny Fatherhood Program: 412-350-4700

Website: <https://www.alleghenycounty.us/Human-Services/Programs-Services/Families/Fatherhood.aspx>

3. Familylinks – Support for Fathers

Provides counseling, parenting resources, and support programs for single fathers.

Phone: 866-583-6003

Website: <https://www.familylinks.org>

4. Salvation Army Family Caring Center

Shelter and support for single fathers with children; includes case management, counseling, and employment assistance.

Phone: 412-661-0620

Address: 601 North Aiken Avenue, Pittsburgh, PA 15206

Website: <https://wpa.salvationarmy.org>

Prepared by: Theresa Poindexter
TLP MINISTRIES
www.tlpmin.org

5. Jewish Family & Community Services – Financial & Housing Assistance

Provides help for fathers in need, including emergency funds, counseling, and parenting support.

Phone: 412-422-7200

Website: <https://www.jfcspgh.org>

Helpful Sites

<https://www.alleghenycounty.us/Services/Human-Services-DHS/Publications/Resource-Guides>

<https://www.redtreehouse.org/resources/#search/view-resource-details/60c901f7baae64001e9d6978>

<https://www.parentcenterhub.org/resourcelibrary/index/s/s4/>

<https://cribsforkids.org/request-a-crib/>

<https://www.findhelp.org/goods/baby-supplies--pittsburgh-pa?postal=15237>

https://genesispgh.org/events/category/bellevue-classes/?tribe_redirected=1

These programs can be combined with childcare subsidies, housing programs, and TANF benefits for both single mothers and fathers.

Diaper Banks – Allegheny County

1. Pittsburgh Diaper Bank (Part of Healthy Start or Family Resources)

Provides free diapers to families in need, often through partner agencies and distribution events.

Phone: 412-661-7040

Address: 4121 Butler Street, Pittsburgh, PA 15201

Website: <https://pqhdiaperbank.org>

2. The Diaper Bank of Pennsylvania (Statewide – Local Distribution in Pittsburgh)

Partners with local nonprofits to distribute diapers for infants and toddlers.

Phone: 1-888-377-2703

Website: <https://www.diapernation.org>

3. Cribs for Kids – Pittsburgh Affiliate

Provides free diapers, wipes, and safe sleep education to families.

Phone: 412-441-4457

Website: <https://www.cribsforkids.org>

WIC – Women, Infants, and Children Nutrition Program

The WIC program provides free formula, healthy food, nutrition counseling, and breastfeeding support for low-income pregnant and postpartum women, infants, and children up to age 5.

Allegheny County WIC Offices

1. Downtown Pittsburgh WIC Office

Phone: 412-578-8062

Address: 1908 Wylie Avenue, Pittsburgh, PA 15219

Website: <https://www.alleghenycounty.us/Health-Department/Programs/Women-Infants-Children.aspx>

2. Hill District WIC Office

Phone: 412-578-8062

Address: 1915 Fifth Avenue, Pittsburgh, PA 15219

3. Homewood WIC Office

Phone: 412-578-8062

Address: 5947 Penn Avenue, Pittsburgh, PA 15206

4. Allegheny Valley WIC Office

Phone: 412-578-8062

Address: 225 South 7th Street, McKeesport, PA 15132

Eligibility

Pregnant, postpartum, or breastfeeding women

Infants and children under age 5

Must meet income guidelines

Must live in Allegheny County

How to Apply

Call the local WIC office or schedule an appointment online.

Bring proof of income, address, ID, and child's birth certificate (if applicable).

ELRC – Early Learning Resource Center (Childcare Assistance)

The Early Learning Resource Center (ELRC) helps low-income families access subsidized childcare and early education programs in Allegheny County.

Services Provided

Subsidized childcare for working parents or those in school/training

Referrals to licensed childcare centers, home-based care, and preschool programs

Support for special needs children and early learning resources

Allegheny County ELRC Contact

Phone: 412-350-3574

Address: 442 39th Street, Pittsburgh, PA 15201

Website: <https://www.alleghenycountyauthority.org/elrc>

Eligibility

Families with income below 200% of the Federal Poverty Level

Children up to age 13 (or 19 with special needs)

Must be a PA resident

Parents must be working, attending school, or in a job training program

How to Apply

Call the ELRC to schedule an eligibility interview

Complete an application (available online or at office)

Provide proof of income, residency, child's birth certificate, and work/school verification

Low-Income Assistance – Allegheny County

1. PA 211 Southwest

Connects residents to food, housing, healthcare, childcare, and financial help for low-income families.

Phone: 211

Website: <https://pa211sw.org>

2. Dollar Energy Fund

Emergency assistance for utility bills, heating, and weather-related energy costs.

Phone: 1-800-683-7036

Address: 333 Smithfield Street, Suite 400, Pittsburgh, PA 15222

Website: <https://www.dollarenergy.org>

3. Salvation Army – Emergency Assistance

Provides emergency support for rent, utilities, food, and clothing to low-income families.

Phone: 412-394-3648

Address: 1060 McNeilly Road, Pittsburgh, PA 15226

Website: <https://wpa.salvationarmy.org>

4. Catholic Charities – Financial & Housing Assistance

Helps with rent, utilities, emergency shelter, and basic needs for low-income individuals and families.

Phone: 412-456-6999

Address: 212 Ninth Street, Pittsburgh, PA 15222

Website: <https://www.ccpgh.org>

5. Allegheny County DHS – Low-Income Programs

Offers TANF, SNAP, Medicaid, child care subsidies, and housing referrals.

Phone: 412-350-5701

Address: 442 39th Street, Pittsburgh, PA 15201

Website: <https://www.alleghenycounty.us/Human-Services>

6. Pittsburgh Mercy – Community Behavioral Health

Offers individual and group therapy, psychiatric services, and substance use support, often sliding-scale or free for low-income clients.

Phone: 412-232-5739

Address: 1518 Forbes Avenue, Pittsburgh, PA 15219

Addiction-Treatment Resources

1. Pathway to Care & Recovery

Address: 326 Third Avenue, Pittsburgh, PA 15222.

Phone: (412) 325-7550.

Website: pathwaytocareandrecovery.com

Notes: A 24/7/365 “front door” walk-in/walk-up resource for substance use screening and referral.

2. UPMC Addiction Medicine Services

Address: (Main Pittsburgh location intake) Pittsburgh, PA (call for precise site).

Phone: (412) 246-5910.

Website: upmc.com/services/behavioral-health/programs/addiction/services

Notes: Offers outpatient, intensive outpatient, residential, medication-assisted treatment (MAT). Good for co-occurring mental health issues.

3. Pyramid Healthcare - Pittsburgh Detox & Residential

Address: 306 Penn Avenue, Wilkinsburg, PA 15221.

Phone: (412) 241-5341.

Website: pyramid-healthcare.com/location/pa/pittsburgh-detox-residential/

Notes: 24/7 admissions, detox, residential programming, co-occurring disorder treatment.

4. Gateway Rehabilitation Center

Address: 5987 Broad Street, Pittsburgh, PA 15206.

Phone: (412) 697-0928.

Website: gatewayrehab.org

Notes: Long-standing provider (since 1972) offering outpatient, intensive outpatient, and residential options.

5. Renewal Treatment, Inc.

Address: 700 Fifth Avenue (2nd & 3rd Floors), Pittsburgh, PA 15219.

Phone: (412) 690-2445 (referral 24-hours: 412-697-1629)

Website: renewalinc.com

Notes: Community corrections + substance use treatment, supportive of reintegration services.

6. Family Links, Inc.

Address: 250 Shady Avenue, Pittsburgh, PA 15206.

Phone: (866) 583-6003.

Website: familylinks.org

Notes: Behavioral health & substance use outpatient, intensive outpatient, supports adolescents/adults/families.

7. Sojourner House

Address: 5460 Penn Avenue, Suite 220, Pittsburgh, PA 15206.

Phone: (412) 361-1213.

Website: sojournerhousepa.org

Notes: Residential drug-free rehab for women and their children.

8. Pittsburgh Recovery Center

Address: 1817 Brownsville Road, Pittsburgh, PA 15210.

Phone: (412) 564-0808.

Website: pittsburghrecoverycenters.com

Notes: Outpatient rehab, day programming, 12-step facilitation and other modalities.

9. Persad Center (LGBTQ+ Competent Outpatient / Dual-Diagnosis)

Address: 5301 Butler St, Suite 100, Pittsburgh, PA 15201.

Phone: 412-441-9786 ext. 252.

Website: persadcenter.org/drug-and-alcohol-treatment

Notes: Offers intensive outpatient treatment specifically tailored for LGBTQ+ individuals with substance use issues and co-occurring mental health conditions.

10. POWER House (Residential for Women in Recovery)

Phone: 412-243-8755.

Website / Info: Listed in "Population-specific Housing Resources" PDF under the county.

https://www.alleghenycounty.us/files/assets/county/v/1/services/dhs/documents/doing-business-with-dhs/current-dhs-providers/office-of-community-services/population-specific-housing-resources.pdf?utm_source

Notes: A residential treatment or sober-living style facility for women beginning or continuing recovery; stay up to ~6 months; check address & current availability by calling.

11. John Ryan's House @ JADE Wellness Center (Recovery Housing for Men)

Address: 2681 Waddington Ave, Pittsburgh, PA 15226.

Contact: Through the JADE Wellness Center site.

<https://myjadewellness.com/>

Notes: Structured sober-living home (male) for individuals transitioning out of treatment, incarceration, or hospital; stay up to ~150 days; focuses on recovery housing rather than clinical treatment.

12. Birmingham Sober Living – Women’s Recovery House (Women’s Sober-Living Home)

Approximate Address: Birmingham Ave, Pittsburgh, PA 15210.

Phone: (412) 335-3559.

<https://soberhousedirectory.com/homes/pennsylvania/>

Notes: Sober living environment for women in early recovery; provides structured peer-support environment though may not provide full clinical services.

13. Western Pennsylvania Alliance of Recovery Residences (Recovery Housing Network)

Contact Info: Pat Price, Phone 412-853-1097.

https://www.pghaa.org/php/junk/membership.html?utm_source

Notes: A network listing many sober-living houses in Allegheny County for men & women; helpful if you or a loved one needs transitional housing while pursuing outpatient treatment.

14. East End Cooperative Ministry – Recovery House (90-Day Program for Men & Women)

Listed via FindHelp: Program for adult men and women referred from treatment, probation or justice system in Pittsburgh, PA.

https://www.findhelp.org/east-end-cooperative-ministry-%28eecom%29--pittsburgh-pa--recovery-house/5457549288013824?postal=15201&utm_source

Notes: Transitional residence, likely with case-management and supports; call to verify specifics, eligibility, and cost.

15. Department of Drug and Alcohol Programs (DDAP) – Recovery Housing / Sober Living Locator (Statewide)

Resource Page: pa.gov/.../locate-licensed-recovery-or-halfway-housing

Notes: While not a facility itself, this is a searchable directory of licensed sober-living homes / halfway houses in Pennsylvania (including Allegheny County). Useful for finding additional housing options.

16. Pittsburgh Recovery Centers

Address: Pittsburgh, PA (check website for multiple locations).

Phone: (866) 781-1590.

Website: pittsburghrecoverycenters.com.

Notes: Leading outpatient rehab for drug and alcohol addiction, with 12-step, medication-management, and relapse-prevention focus.

17. Pittsburgh Sober Living (Men's Houses)

Address: Pittsburgh, PA 15210 (men's houses).

Phone: (412) 760-0384.

Notes: AA/NA-based sober living houses for men, also some for women; transitional housing environment.

18. Pennsylvania Department of Drug and Alcohol Programs (DDAP) – Recovery Housing Locator

Website: pa.gov/services/ddap/locate-licensed-recovery-or-halfway-housing.

Notes: A state-level searchable directory of licensed recovery houses or halfway houses in Pennsylvania (including Allegheny County).

19. Drug & Alcohol Services Guide – Allegheny County DHS

Address: Allegheny County, PA.

Phone/Referrals: (412) 350-3328 for information.

Website: alleghenycounty.us/.../Drug-and-Alcohol-Services-Guide.

Notes: County-wide resource and directory helping with assessments, referrals and linkages.

20. Tadiso Academy (Outpatient & MAT)

Address: 1425 Beaver Ave, Pittsburgh, PA 15233.

Phone: (412) 322-8415.

Notes: Outpatient with MAT; located in Pittsburgh; check for eligibility & services.

21. White Deer Run – Pittsburgh (Dual Diagnosis Outpatient)

<https://www.whitedeerrun.com/programs/outpatient/>

Address: Pittsburgh, PA 15203.

Notes: Provides dual diagnosis outpatient/intensive outpatient programs for individuals with substance use and mental health disorders.

Online Facility Finder:

https://treatmentatlas.org/assessment-details?gad_source=1&gad_campaignid=20913372184&gbraid=0AAAAAosz-sq4B6EYhsfk-efHoG2BsYn1h&gclid=CjwKCAjw3tzHBhBREiwAIMJoUgLKSFadms9VO-H15vIYTdFBklzgUbNkHUK9i1BJPDWNbeXxcOwKxxoCUBMQAvD_BwE