



## Well-being – Mind, Body, and Spirit

[Campus Recreation and Fitness](#)

[Community Service and Engagement](#)

[Counseling Center Services](#)

[Disability Resources and Services](#)

[Food Resources](#)

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[Health Education and Promotion Office](#)

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[Mental Health Screening Tools & Apps](#)

[Panther Central Student Life Essential](#)

[PantherWELL Peer Health Educators](#)

[Panthers for Recovery - Collegiate Recovery Program](#)

[Pharmacy Services](#)

[Pitt Active Minds](#)

[Pitt and Community Assistance Resources](#)

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[Psychiatry Services](#)

[Racial Trauma and Self-Care Resources](#)

[Stress Free Zone](#)

[Therapy Assistance Online \(TAO\) Self-Help Library of Behavioral Resources](#)

[Thriftsburgh](#)

[ThrivingCampus](#)

*Directory of mental health clinicians*

[Title IV](#)

[University Police Non-Emergency](#)  
412-624-4040

[Wellness Workshops - Virtual](#)