

# Call before a crisis becomes a crisis

Any day, any time, any reason.  
1-888-7-YOU-CAN (1-888-796-8226)



*A crisis can be anything from feeling lonely and needing to talk, to feeling overwhelmed with life. Stress and problems — both large and small — fill each of our lives and we all have moments of crisis.*

No matter how big or small these problems seem, it helps to talk with someone.

There is no need to wait until a problem spirals out of control to reach out for help. All you have to do is pick up the phone and call **1-888-796-8226**. **resolve Crisis Services** will answer.

resolve is a 24-hour, 365-day crisis service. It's **free to all residents of Allegheny County**, regardless of your ability to pay. Both Allegheny County and UPMC Western Psychiatric Hospital sponsor our services.

## We're Here to Help You Through Your Crisis

You don't have to go through your crisis alone. resolve Crisis Services is ready to help.

Our 150-member crisis team provides:

- Crisis counseling and support.
- Referrals.
- Intervention services for adults, teens, and their loved ones.

We know that everybody's crisis is different. You may be struggling with depression or substance use. You may just be having a bad day at work, conflict with a loved one or feeling lonely. Resolve services are available to people without regard to whether they have or need a psychiatric diagnosis.

## About Our Crisis Services

- **24-hour hotline:** Call us anytime to speak with a trained clinician at:  
**1-888-7-YOU-CAN (796-8226)**
- **Mobile Crisis Team:** Our mobile crisis teams can travel anywhere within Allegheny County to respond to a crisis. They provide face-to-face support and will work to arrange further care and stabilization if needed.
- **Walk-in center:** You don't need to make an appointment at our walk-in center, located in the East End of Pittsburgh at **333 N. Braddock Ave. Pittsburgh, PA 15208**. Walk in anytime to talk, get a break from daily stress, or have us connect you to more long-term care and support. We also offer residential services for those who qualify.
- **Services for children and teens:** We offer 24-hour-a-day crisis treatment, interventions, and home visits. For more information, call the resolve Crisis Services hotline at **1-888-796-8226**.

**resolve** | **CRISIS SERVICES**