

UPMC / PITT MENTAL AND PHYSICAL HEALTH RESOURCE GUIDE

Developed by the Department of Psychiatry Advocacy Workgroup



Mental Health



Physical Health



WORKPARTNERS (UPMC)

UPMC subsidiary that assists with workers' compensation, workplace accommodations, disability, and family leave management.

Call: [1-844-833-0524](tel:1-844-833-0524) | Email: workpartners@workpartners.com

Access through Infonet | [FAQ Page](#)



LIFESOLUTIONS (PITT & UPMC)

LifeSolutions is an employee assistance program available to UPMC and Pitt employees at no cost to you or members of your household; can support you through a wide range of work and personal issues, including parenting, stress or life changes, loss of a loved one, workplace pressures, and more. Offers short-term counseling, parenting resources, community referrals.

[LifeSolutions Services Guide – UPMC](#) | [Pitt LifeSolutions Info](#)



UPMC DISABILITIES RESOURCE CENTER

Landing page with links to diverse disability resources for UPMC patients, visitors, guests. Trainings and continuing education.

Contact: DRC@upmc.edu

Website: www.upmc.com/drc



UPMC ENABLED (EMPOWERING ABILITIES AND LEVERAGING DIFFERENCES) NETWORK

UPMC employee resource group that strives to provide the most ability-focused, inclusive employment experience possible by promoting a global culture of inclusion and diversity for people of all abilities. [UPMC ENABLED](#)



UPMC DISABILITY RESOURCES IN THE COMMUNITY

Information for individuals with disabilities about programs and resources to help people with disabilities live independently and be active within the community.

Website: <https://www.upmc.com/patients-visitors/patient-info/disabilities-resource-center/community-resources>



VIVA ENGAGE DISABILITY RESOURCES COMMUNITY

A social network with tons of posted information about disability resources within UPMC.

Website: [Click Here](#)



VIVA ENGAGE NEURODIVERISTY COMMUNITY

A social network providing a safe space within UPMC for neurodivergent folks and allies..

Website: [Click Here](#)



CURBSIDE (CONFIDENTIAL REFERRALS FOR BEHAVIORAL HEALTH)

Mental health referral service for UPP physicians, physician trainees, and their families (in partnership with Physician Thrive).
Call **1-833-231-1575 (TTY: 711)** for assistance. [CuRBSide's](#) referral service is available Monday through Friday from 8 a.m. to 5 p.m. at no cost to you.



PITT CAMPUS ACCESSIBILITY MAP

Searchable map with ADA Accessibility information.
Website: <https://www.map.pitt.edu/>



PITT OFFICE OF ENVIRONMENTAL HEALTH & SAFETY

Building safety information for Individuals who are not capable of complying with a building evacuation plan or who may have special needs or recognized disabilities. Also provides ergonomics information and evaluation.
Website: <https://www.ehs.pitt.edu/>
For ergonomics related topics: <https://www.ehs.pitt.edu/ergonomics>
For questions: **412-624-9505** or safety@pitt.edu



OFFICE OF HUMAN RESOURCES (PITT)

The University of Pittsburgh manages leaves of absence and related benefits through its Office of Human Resources. Programs include FMLA, short-term and long-term disability insurance, and paid parental leave to support employees during health-related absences.
Website: <https://www.hr.pitt.edu/current-employees/benefits/leaves>



OFFICE OF INSTITUTIONAL ENGAGEMENT AND WELLBEING; DISABILITY RESOURCES AND SERVICES

Disability resources and services for Pitt students, staff, and faculty; The focus of the DRS is to work with people with disabilities to see what accommodations can be set up in accordance with ADA. Resources include digital accessibility; knowledge/trainings on on several core accessibility skills. Good resources for both employees and employers.
Contact: drsrecap@pitt.edu
Website: www.drs.pitt.edu



PITT DISABILITY COMMUNITY

Employee resource group and social network for Pitt professionals to raise awareness of disability in the workplace, share resources, and advocate for the needs of the disability community.
Contact: Chloe Shearer (CSS81@pitt.edu) for access to Teams group



JOB ACCOMODATION NETWORK (JAN)

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. JAN provides free one-on-one practical guidance and technical assistance on job accommodation solutions, Title I of the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities. Website: <https://askjan.org/>

