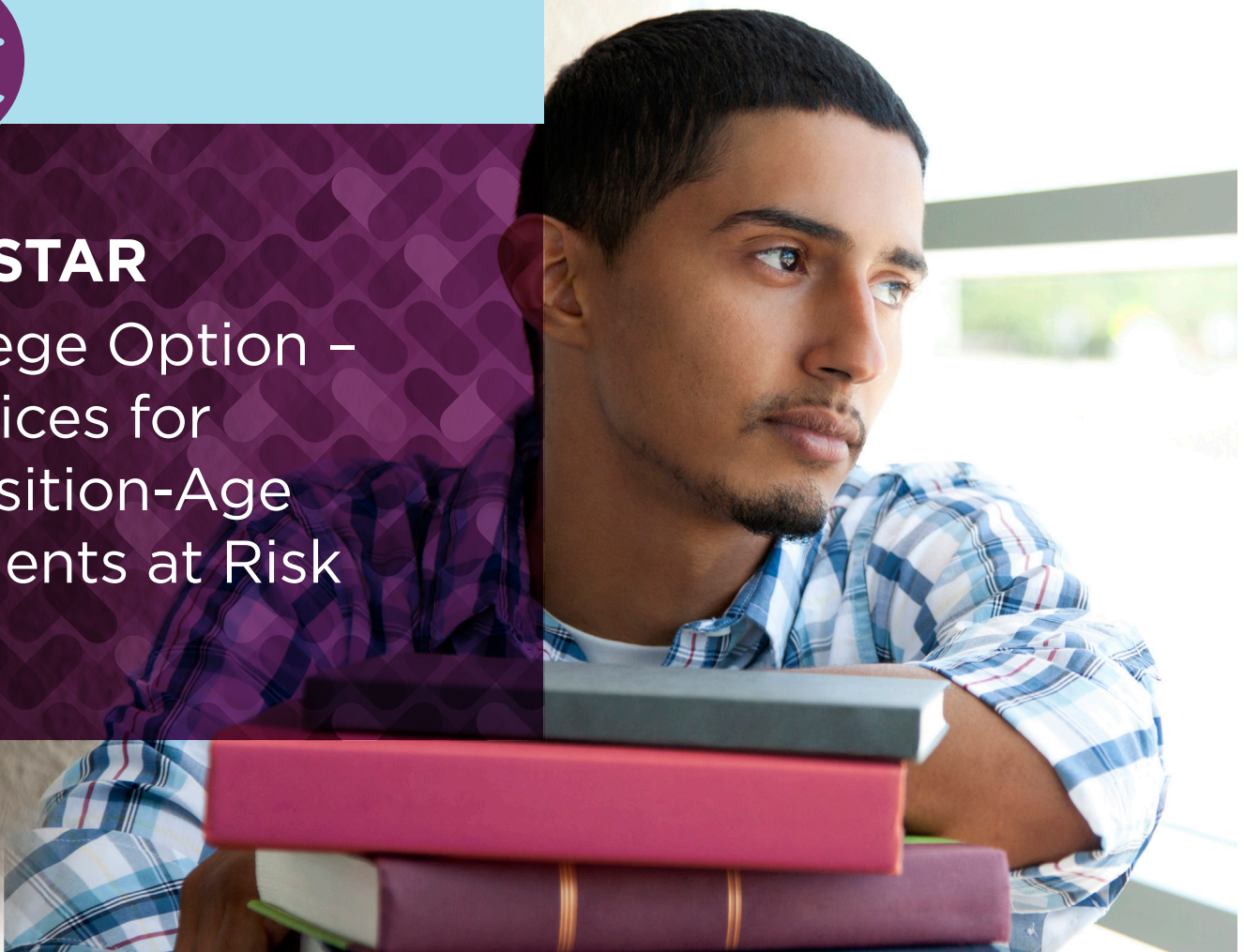




CO-STAR

College Option – Services for Transition-Age Students at Risk



College Option - Services for Transition-Age Students at Risk (CO-STAR) is an Intensive Outpatient Program (IOP) for college-aged students at risk for mental health challenges unique to the university setting.

In partnership with the **STAR-Center**, CO-STAR specializes in preventing and treating suicidal behaviors, depression, and anxiety in college-aged students.

You may be eligible to participate in CO-STAR if you are:

- 18 to 24 years old
- Currently enrolled in undergraduate college courses
- Currently experiencing depression, anxiety, suicidal thoughts or behaviors, and/or self-injury that requires a higher level of care than weekly outpatient services

If you are interested, you will receive an assessment to determine if CO-STAR is right for you.

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Program Information

- CO-STAR IOP meets in-person Mondays, Tuesdays, and Thursdays from 3 to 6 p.m.
- This is a skills-based group program that uses evidence-based techniques to address depression and anxiety symptoms and decrease suicidal thoughts and behaviors.
- We focus on consistent safety monitoring and will help you to create a safety plan.
- Group topics will be uniquely based on the stressors that college students with mental health issues face every day.
- You will learn about mental health diagnoses and medications.
- Group participants will receive 1 hour of individual therapy and 30 minutes of medication management with a psychiatrist every week.

Contact Us

**CO-STAR Intensive
Outpatient Clinic**
100 North Bellefield Avenue
Bellefield Towers
Pittsburgh, PA 15213
412-246-5619

**If you are in immediate crisis,
please call resolve Crisis Services
at 1-888-796-8226.**