A specialty service tailored uniquely to college-aged students and the specific challenges they face in a university setting.

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

In September 2017, the CO-STAR Center opened an Intensive Outpatient Program (IOP). You may be eligible to receive treatment at CO-STAR if you are:

- 18-24 years of age
- Currently enrolled in undergraduate college courses
- Currently experiencing depression, anxiety, suicidal thoughts or behaviors, and self-injury that require a higher level of care than weekly outpatient services
- Interested clients will receive an initial comprehensive assessment to determine if CO-STAR's IOP is appropriate

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CO-STAR
College Option – Services for Transition-Age Students at Risk

Program Information
• CO-STAR IOP meets Mondays, Tuesdays, and Thursdays from 4 to 7 p.m.
• This is a skills-based group program utilizing evidence-based techniques to address depression and anxiety symptoms and decrease suicidal thoughts and behaviors
• Focus on consistent safety monitoring and the development of a comprehensive safety plan
• Group topics will be uniquely tailored to the stressors college students with mental health issues face daily
• Psychoeducation about mental health diagnoses and medications
• Group participants will receive one hour of individual therapy and 30 minutes of medication management with a psychiatrist per week

During the COVID pandemic, our services may be offered virtually. Please call our main office (412-246-5619) to discuss the most current treatment options.

How to Reach 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.