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.
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.