

# Need to talk?

**Care Advocates are here to listen.**



**After a traumatic incident, you may be feeling overwhelmed and not sure what to do. Before making any decisions, you can talk with someone confidentially as you decide what next steps are best for you.**



**Scan here to book an appointment or go to [pi.tt/careadvocates](https://pi.tt/careadvocates)**

**[careadvocates@pitt.edu](mailto:careadvocates@pitt.edu)**

**412-624-5756**

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