
UNION COUNTY

MENTAL HEALTH RESOURCE GUIDE

UNION COUNTY, ACROSS THE CAROLINAS AND NATIONWIDE



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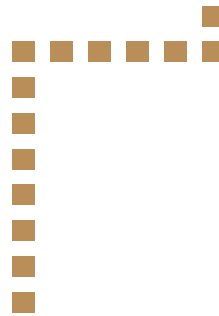
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Every year, millions of people in the U.S. experience a mental health crisis. It is important to know that regardless of your particular situation,

YOU ARE NOT ALONE.

This guide is full of resources designed to help people in crisis, as well as follow-up support for the return to better days. Whether you are seeking assistance for yourself – or for a friend or loved one – there are people locally and nationwide who understand and want to help.

Please review this entire guide to find the support that best fits your needs. Included are mental health resources for adults and children – from crisis intervention services to emotional, financial and legal support, and so much more. All resources are listed alphabetically in the glossary.



STAY STRONG.

Help is a just a phone call away.

CRISIS RESOURCES

The following section contains resources for those experiencing a crisis. If you need someone to talk to for immediate help, support and/or advice on how to handle a current mental health crisis, please call one of the resources listed in this section.

CRISIS RESOURCES

ADDICTION

Substance Abuse Helpline (855) 907-2953

Substance Abuse and Mental Health Services Administration (SAMHSA) National 24-hour Helpline..... (800) 662-HELP (4357)

- Information and referral assistance to local treatment facilities, support groups and community-based organizations.
- *Website:* FindTreatment.gov

Healthy U Behavioral Health Services (Union County Commission on Alcohol and Drug Abuse)..... (864) 429-1656

- Adult and adolescent counseling and support services for substance use/abuse.
- *Website:* UnionHubHS.org

The Prodigal's Home (864) 300-7025

- Structured drug & alcohol rehabilitation followed by sober living phase offering nine months residency and full-time employment.
- *Website:* TheProdigalsHome.com

CRISIS RESOURCES

ASSAULT/ABUSE

National Sexual Assault Hotline..... (800) 656 HOPE (4673)

Julie Valentine Center Crisis Hotline..... (864) 467-3633

- Sexual assault and abuse support

National Child Abuse Hotline..... (800) 4-A-CHILD (422-4453)

Safe Passage Inc. 24-hour Hotline..... (800) 659-0977

- Sexual trauma services (803) 329-2800
- *Website:* SafePassageSC.org

CRISIS RESOURCES

DISASTER DISTRESS

Disaster Distress Helpline (800) 985-5990

- This helpline is open to anyone experiencing emotional distress related to disasters. This includes survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else.

CRISIS RESOURCES

DOMESTIC VIOLENCE

- Project R.E.S.T. 24-Hour Crisis Line**(864) 583-9803
(800) 273-5066
- Formerly SAFE Homes. Working together to Restore, Empower, Support and Transform those affected by domestic and sexual violence.
 - *Website:* ProjectREST.org
- Safe Harbor Domestic Violence Hotline**(800) 799-SAFE (7233)
TTY: (800) 787-3224
- Support for survivors of sexual and domestic violence and human trafficking.
 - *Website:* SafeHarborShelter.com
- Love Is Respect (Domestic Violence Support)**.....1-(866)331-9474
Text "LOVEIS" to 22522
- National resource to disrupt and prevent unhealthy relationships and intimate partner violence.
 - *Website:* LovelsRespect.org
- National Domestic Violence Hotline**(800) 799-SAFE (7233)
TTY: (800) 787-3224
- Hotline advocates assist victims, and anyone calling on their behalf, by providing crisis intervention, safety planning and referrals to local service providers.
 - *Website:* ACF.HHS.gov/fysb/ndvh

CRISIS RESOURCES

LGBTQIA+

- LGBT National Coming Out Support Hotline**(888) OUT-LGBT
- A non-profit hotline staffed with volunteers who all identify as part of the LGBTQIA+ community. We can help you when you are struggling with coming out to yourself, coming out to friends & family, and facing fear and isolation.
 - *Website:* LGBTComingOUT.org
- LGBT National Hotline**(888) (843) 4564
(888) 234-7243 (for Seniors)
- Confidential peer support, information, and local resources for callers of all ages. All of our support volunteers identify as part of the LGBTQIA+ family.
 - *Website:* LGBTHotline.org
- Trans Lifeline**.....(877) 565-8860
- Trans peer support, run by and for trans people.
 - *Website:* TransLifeline.org
- Trevor Project for LGBTQ**.....(866) ForU-Trevor (488-7386)
(National Crisis and Suicide Prevention Hotline) Text "START" to 678678
- 24/7 phone. Crisis line, online and text crisis support (times vary).
 - *Website:* TheTrevorProject.org

CRISIS RESOURCES

RUNAWAY

National Runaway Safe Line(800) RUN-AWAY

- Crisis hotline (24/7) and online services for youth at risk of running away, those who have run away or are homeless.
- *Website:* 1800Runaway.org

CRISIS RESOURCES

SUICIDE/DEPRESSION

Emergency911

988 Suicide & Crisis Lifeline988

- *Website:* 988Lifeline.org

National Suicide Prevention Lifeline988 (text or call)

- Phone and online crisis support. **Text “AYUDA” for Spanish Text**
- *Website:* 988Lifeline.org **Text 838255 for Veterans**
TTY: Dial 711, then 988

Spartanburg Suicide Hotline(864) 582-1100

Mental Health America of Greenville County Crisis Line988

- Confidential behavioral & mental health screenings and information.
- *Website:* 988SC.org

SC Crisis Hotline(833) 364-2274

- *Website:* 988Lifeline.org

**Crisis Text Line.....Text “HOME” to 741741
or chat via website**

- *Website:* CrisisTextLine.org

National Association on Mental Illness (NAMI) Greenville(864) 331-3300

- *Website:* NamiGreenvilleSC.org

National Association on Mental Illness (NAMI) Spartanburg(864) 406-8126

- *Website:* NamiSpartanburgSC.org

TeenLineText “TEEN” to 839863

- Mental health support and resources for young people through a hotline of professionally trained teen counselors and outreach programs.

Veterans Crisis Line.....Dial 988 then press 1

- Are you a veteran in crisis or concerned about one? You’re not alone —the Veterans Crisis Line is here for you. You don’t have to be enrolled in VA benefits or health care to call. **Text 838255**
TTY: Dial 711, then 988
- *Website:* 988Lifeline.org/help-yourself/veterans

Postpartum Support International(800) 944-4PPD (4773)

- Resources for support, education and local providers focusing on the emotional changes women experience during pregnancy and postpartum, including postpartum depression.

ONLINE RESOURCES

The following section contains online resources that offer valuable information on a variety of mental health-related issues. Many of these resources can help you and your loved ones come up with a plan of action for support and treatment going forward.

CAFÉ Center (864) 594-0500

- Family peer support, family & individual therapy, diagnostic assessment, prescriptive services and care coordination (ages 0-22).

Children’s Advocacy Center of Spartanburg, Cherokee, & Union..... (864) 515-9922

- Provides forensic assessments and counseling for physically and sexually abused children, and family counseling for non-offending caregivers. Referrals from DSS or law enforcement required. (Domestic violence/sexual assault services available.)
- *Website:* CACSP.org

Family Connections of South Carolina..... (800) 578-8750

- Parent workshops.
- *Website:* FamilyConnectionSC.org

Federation of Families of South Carolina..... (803) 772-5210

- Parent and youth support group/trainings.
- *Website:* FedFamSC.org

Juvenile Bipolar Research Foundation (914) 468-1297

- Research of juvenile-onset bipolar disorder.
- *Website:* JBRF.org

National Alliance on Mental Illness (NAMI)..... (800) 950-NAMI

- Basics – course for parents/caregivers.
- Spanish speaking
- *Website:* NAMI.org

National Alliance on Mental Illness (NAMI) South Carolina (800) 788-5131

- Education, support groups.
- *Website:* NAMISC.org

National Federation of Families for Children’s Mental Health (240) 403-1901

- Advocacy, parent/children training.
- *Website:* FFCMH.org

South Carolina Continuum of Care..... (803) 734-4500

- Wrap-around care services for children.
- *Website:* COC.SC.gov

South Carolina Department of Social Services..... (864) 596-3001

- Children, youth and family counseling.
- *Website:* DSS.SC.gov

South Carolina Youth Advocate Program..... (800) 882-5513

- Special education, IEPs and advocacy.
- *Website:* SCYAP.com

WrightsLaw – Special Education Law

- Information about special education law, and advocacy for children with disabilities
- *Website:* WrightsLaw.com



SPARTANBURG AREA MENTAL HEALTH CENTER

Spartanburg Area Mental Health Center is a facility of the SC Department of Mental Health, supported by local, county, state and federal funds.

The Board of Trustees, appointed by the Governor of South Carolina, comprises of representative from the three counties served: Cherokee, Spartanburg and Union.

Our mission is to support the recovery of people with mental illnesses. We believe that with the right treatment and support, recovery is possible.

ACCESSIBILITY

Interpreter services and language assistance are available for anyone, including those with limited English speaking ability, the deaf and hard of hearing, and the blind and visually impaired.



CONTACT US

358B SERPENTINE DRIVE
SPARTANBURG, SC 29302

(864) 594-0500

8:30 AM - 7:00 PM
MONDAY-FRIDAY



OUR GOALS

- Reduce psychiatric hospitalizations.
- Reduce emergency department visits for behavioral health issues.
- Reduce out-of-home placements.
- Improve the mental health of children and families throughout the region.

CAFE SERVES INDIVIDUALS
AGE 0 TO 22.

AN APPOINTMENT IS NOT REQUIRED
TO BE SEEN BY A CLINICIAN.



ABOUT US

The Spartanburg Area Mental Health Center received SAMHSA funding for a grant: FOCUS. It stands for Family Options for Cherokee, Union, and Spartanburg. This grant allowed us to create the CAFE Center.

We are able to offer a matrix of services and supports, across ages and across presenting problems, that improves outcomes by utilizing evidence-based and promising practices.

These reflect the voice and choice of youth and families, while improving the overall health of the communities where they reside.

OUR SERVICES

- Family support
- Peer support
- Family therapy
- Individual therapy
- Diagnostic assessment
- Prescriptive services
- Care coordination



"WE WANT TO PROVIDE AN ALTERNATIVE FOR THE CHILD AND FAMILY FACING CRISIS THAT MIGHT BRING THEM TO THE EMERGENCY ROOM."

- ROGER WILLIAMS, SAMHC EXECUTIVE DIRECTOR

Able South Carolina(864) 235-1421

- Training programs to educate and assist the community in disability accommodation and awareness.
- *Website:* Able-SC.org

Disability Rights South Carolina(803) 782-0639

- Working to provide legal protection and advocacy services for people with disabilities.
- *Website:* DisabilityRightsSC.org

Mental Health America of SC(803) 779-5363

- Protection and advocacy for people with disabilities.
- *Website:* MentalHealthAmerica-SC.com

Social Security Disability Benefits.....(800) 772-1213

- Disability benefits.
- *Website:* SSA.gov/disability

South Carolina Department of Mental Health Client Advocacy(866) 300-9330

- Advocacy.
- *Website:* SCDMH.net/patients_families/patient-advocacy-2

South Carolina Legal Services(888) 346-5592

- Legal services.
- *Website:* SCLegal.org

South Carolina Share(803) 739-5712

- Advocacy services, peer support, dual-diagnosis support groups, and education.
- *Website:* SCShare.com

United Way of South Carolina211

- Help finding resources.
- *Website:* SC211.org

CRISIS RESOURCES
EMPLOYMENT

- Job Accommodation Network**(800) 526-7234
- Disability accommodations and employment policy.
 - Spanish speaking.
 - *Website:* AskJan.org
- SCDMH Employment Programs**(803) 898-4275
- Employment programs.
 - *Website:* SCDMH.net/individual-placement-and-support-ips
- South Carolina Vocational Rehabilitation**(800) 832-7526
- Employment services and job training.
 - *Website:* SCVRD.net
- Ticket to Work**(866) 968-7842
- Employment services for people age 18-64 who receive Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI) benefits because of his/her disability.
 - *Website:* ChooseWork.SSA.gov

CRISIS RESOURCES
FAMILY/CAREGIVERS

- Care Giver Action Network**(855) CARE-640
- Caregiver information.
 - *Website:* CareGiverAction.org
- Coaching into Care (VA)**(888) 823-7458
- Resources for veteran caregivers.
 - *Website:* Mirecc.VA.gov/coaching
- National Alliance on Mental Illness (NAMI) – South Carolina**(800) 788-5131
- Family support groups and education.
 - *Website:* NAMISC.org
- South Carolina Respite Coalition**(803) 935-5027
- Respite for caregivers.
 - *Website:* SCRespiteCoalition.org
- Veteran’s Caregiver Support Line**.....(855) 260-3274
- Resources and support for caregivers.
 - *Website:* CareGiver.VA.gov

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



National Institute of Mental Health

NIH Publication No. 22-MH-8134

www.nimh.nih.gov

Follow NIMH on Social Media @NIMHgov



CRISIS RESOURCES
HEALTHCARE

Access Health Spartanburg (864) 560-0190

- Designed to be a link between the uninsured and local health professionals and guides eligible clients to a medical home.
- Free to residents of Spartanburg, Cherokee, and Union counties at or below 150% of the federal poverty level.
- **Website:** AccessHealthSpartanburg.org

ReGenesis Healthcare..... (864) 582-2411

- Behavioral health and basic healthcare services.
- **Website:** MYRHC.org

South Carolina Primary Healthcare Association

- Outreach and advocacy.
- Spanish speaking.
- **Website:** SCPHCA.org

ONLINE RESOURCES
LEGAL

Cherokee County Probate Court (864) 487-2583

- Involuntary commitments; conservatorships.
- **Website:** CherokeeCountySC.gov/probate-court/involuntary-commitments

Chester County Probate Court (803) 385-2604

- Involuntary commitments, conservatorship.
- **Website:** ChesterCountySC.gov/court/probate-court

Bazelon Center for Mental Health Law (202) 467-5730

- Education, advocacy, research.
- **Website:** Bazelon.org

Disability Rights South Carolina (803) 782-0639

- Working to provide legal protection and advocacy services for people with disabilities.
- **Website:** DisabilityRightsSC.org

South Carolina Legal Services (888) 346-5592

- South Carolina Legal Services (SCLS) provides free legal assistance in a wide variety of civil (non-criminal) legal matters to eligible low income residents of South Carolina.
- **Website:** SCLegal.org

Spartanburg County Probate Court (864) 596-2556

- Involuntary commitments; conservatorship.
- **Website:** SpartanburgCounty.org/153/Probate-Court

Union County Probate Court (864) 429-1625

- Involuntary commitments; conservatorship.
- **Website:** <https://www.unioncountyprobate.net>

Al-Anon and Alateen888-4AL-ANON (425-2666)

- Al-Anon and Alateen provide information and support for the family members and friends of people with alcohol problems. The sites include lists of meetings in the United States and Canada.
- **Website:** Al-Anon-SC.org

AlcoholScreening.org

- A screening website that helps individuals assess their own alcohol drinking patterns to determine if it is likely to be harming their health or increasing their risk for future harm.
- **Website:** AlcoholScreening.org

Anxiety and Depression Association of America (ADAA)

- Promotes the early diagnosis, treatment and cure of anxiety disorders.
- **Website:** ADAA.org

Brain & Behavior Research Foundation(800) 829-8289

- Committed to alleviating the suffering caused by mental illness by awarding grants that will lead to advances and breakthroughs in scientific research.
- **Website:** BBRFoundation.org

Depression and Bipolar Support Alliance(800) 826-3632

- Use the “Find a Support Group Near You” tool on the Depression and Bipolar Support Alliance website to find out if a support group is meeting in your area. These are peer-led support groups.
- **Website:** DBSAlliance.org

Depression Screening

- The Depression Screening website is sponsored by Mental Health America as part of the Campaign for America’s Mental Health. The mission of this website is to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of depression and guide people toward appropriate professional help if necessary.
- **Website:** Screening.MHANational.org/screening-tools/depression

Eating Disorders Anonymous

- Following the 12-step approach used by Alcoholics Anonymous, Eating Disorders Anonymous can help people struggling with eating disorders. The website lists meetings nationwide.
- **Website:** EatingDisordersAnonymous.org

Freedom From Fear(718) 351-1717

- Comprehensive mental health information and resources on anxiety, depression and related disorders including advocacy, education, research and community support.
- **Website:** FreedomFromFear.org

Give an Hour

- Mental health provider resources.
- **Website:** GiveAnHour.org

International OCD Foundation.....(617) 973-5801

- Provides resources and support for those affected by OCD, including individuals with OCD and related disorders, their family members, friends and loved ones.
- **Website:** IOCDF.org

Mental Health America.....(703) 684-7722

- Advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.
- **Website:** MHANational.org

National Empowerment Center(800) 769-3728

- The mission of the National Empowerment Center is to carry a message of recovery, empowerment, hope and healing to those diagnosed with a mental illness. The center provides information and advocacy resources.
- **Website:** Power2U.org

National Institute of Mental Health(866) 615-6464

- Statistics pertaining to mental illnesses, including data by age, gender and race.
- **Website:** NIMH.NIH.gov

National Alliance on Mental Illness (NAMI)(800) 950-6264

- support groups, education and training for people who have experienced mental illness and their families.
- **Website:** NAMI.org

Overeaters Anonymous.....(505) 891-2664

- Helps people struggling with compulsive eating and binge eating. Provides meeting locations nationwide.
- **Website:** OA.org

Pendulum

- Information on bipolar disorder including book reviews, discussion forums, articles and links to other resources.
- **Website:** Pendulum.org

Schizophrenics Anonymous

- Information, support and education for family members, caregivers and individuals whose lives have been affected by schizophrenia.
- **Website:** Schizophrenia.com

Schizophrenia and Psychosis Action Alliance(240) 423-9432

- Self-help groups established to support the recovery of people who experience schizophrenia. Provides locations of self-help groups.
- **Website:** SCZAction.org

World Health Organization

- Information on the global burden of disease in various parts of the world, including burden due to mental disorders.
- **Website:** WHO.int



- @NAMI_scarolina
- @endingthesilence_sc
- @namisouthcarolina
- @namiscparentrefresh
- @namiscteacherrefresh

NAMISC.ORG
800.788.5131

24/7 Crisis Text Line
Text "NAMI" to 741741

National Suicide Prevention
Lifeline 800.273.8255
888.628.9454 (en Español)

Mobile Crisis Unit
833.364.2274

IN AN EMERGENCY, CALL 911

National Parent Helpline
855-427-2736

National Sexual Assault Hotline
800.656.4673 (24/7)
rainn.org (24/7 live chat)

SCDMH 803.898.8581
Interactive Screening Program
hope.connectsyoud.org

SAMHSA National Helpline
800.662.4357 (24/7)
Mental Health & Substance Use
Referrals & Info
samhsa.gov

The Trevor Project
LGBTQ Support
866.488.7386
thetrevorproject.org

United Way Call 211 (211.org)

Your Life, Your Voice Hotline
800.448.3000 (24/7)

Text "VOICE" to 20121 (24/7)
Pre-teen Through Young Adults
yourlifeyourvoice.org



American Psychiatric Association(202) 559-3900

- Research on mental health conditions, psychiatrist database.
- *Website:* Psychiatry.org

American Psychological Association(800) 374-2721

- Resources for finding mental health providers.
- *Website:* apa.org

GeneSight(866) 757-9204

- The GeneSight test report provides information about which psychotropic medications may require dose adjustments, be less likely to work, or have an increased risk of side effects based on your genetic information.
- *Website:* GeneSight.com

National Institute of Mental Health(866) 615-6464

- Research on mental health conditions.
- *Website:* NIMH.NIH.gov

National Alliance on Mental Illness (NAMI)(800) 950-6264

- Education, advocacy support groups.
- Spanish speaking.
- *Website:* NAMI.org

**Substance Abuse and Mental Health Services Administration (SAMHSA).....(800) 662-4357
Treatment Referral Hotline**

- Treatment referrals.
- *Website:* SAMHSA.gov/find-help/national-helpline

ONLINE RESOURCES

SOCIAL SERVICES

- South Carolina Department of Social Services(864) 596-3001**
 - Website: DSS.SC.gov

- South Carolina Hispanic Outreach.....(803) 419-5112**
 - Translation services, education.
 - Website: SCHispanicOutreach.org

- South Carolina Vocational Rehabilitation(800) 832-7526**
 - Website: SCVRD.net

- United Way of South Carolina.....211**
 - Website: SC211.org Text “help” to 211211

- Union Mental Health Center(864) 427-1224**
 - Offers service to adults, children, and their families affected by serious mental illnesses and significant emotional disorders.
 - Accepts Medicaid; offers sliding-scale fees.

- Union County Library-Union County HUB for Support Services.....(864) 427-7140**
 - Website: UnionLibrary.org

ONLINE RESOURCES

SUBSTANCE ABUSE

- C4 Ministries(864) 441-0022**
 - Counseling, care and crisis assistance services for the community.
 - Website: C4Ministriesinc.com

- Centers for Disease Control and Prevention**
 - Provides ideas about how to stop using tobacco. Downloadable resources and contacts for online and phone counseling.
 - Website: SmokeFree.gov

- FAVOR Spartanburg(864) 940-1136**
 - Addiction recovery program through advocacy, education and peer-based support services.
 - Website: FavorSC.org

- First Contact Addiction Ministries(864) 326-9200
.....(828) 435-2180**
 - Free support services for addiction & recovery, crisis assistance.
 - Website: FirstContactWNC.org

Narcotics Anonymous

- Information on local support groups for drug and alcohol addiction.
- *Websites:* NA.org

National Institute on Alcohol Abuse and Alcoholism

- The lead agency for U.S. research on alcohol use disorders and health.
- *Website:* NIAAA.NIH.gov

National Institute on Drug Abuse (NIDA)

- Provides links to information for parents, teens, health professionals, teachers and others about various drug use problems.
- *Website:* NIDA.NIH.gov

Partnership to End Addiction

- Information and resources about addiction identification, intervention, treatment and recovery.
- *Website:* DrugFree.org

Recovered

- Features information on local resources for getting help for a substance use concern, fact sheets and information for friends, family members, parents and youth on having a conversation about substance use.
- *Website:* Recovered.org

Recovery International

- Self-help mental health organization. Weekly group peer-led meetings. Find local meetings. Telephone and internet-based meetings.
- *Website:* RecoveryInternational.org

South Carolina Department of Alcohol and Other Drug Abuse Services

- Provides guidance and support to partner organizations that provide prevention, treatment and recovery services.
- *Website:* DAODAS.SC.gov

Start Your Recovery

- Works with leading experts in effectively treating substance use issues to offer people a single source of relatable, reliable information at any stage of their recovery journey.
- *Website:* StartYourRecovery.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Information about substance use disorders for the public, health professionals, schools, families and individuals. Also includes a treatment finder to locate a substance use treatment provider in your area.
- *Website:* SAMHSA.gov

Suicide Prevention Resource Center

- Devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).
- *Website:* SPRC.org

American Association of Suicidology (AAS)

- Promotes the understanding and prevention of suicide, and offer support to those who have been affected by it.
- *Website:* Suicidology.org

American Foundation for Suicide Prevention (AFSP)

- Provides information about suicide, support for survivors, prevention, research and more.
- *Website:* AFSP.org

Columbia Survivors of Suicide Support Group.....(803) 345-1236

- Support group.
- *Website:* Suicide.org/suicide-support-groups.html

MENTAL HEALTH

Fast Facts

1 in 5

U.S. adults experience **mental illness** each year...

1 in 20 U.S. adults experience serious **mental illness** each year.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

1 in 6

U.S. youth aged 6-17 experience a **mental health disorder** each year.

Suicide is the 2nd leading cause of **death among people aged 10-14.**

SUPPORT SERVICES/GROUPS

Al-Anon and Alateen(888) 4AL-ANON (425-2666)

- Support groups.
- *Website:* Al-Anon-SC.org

Alcoholics Anonymous of SC

- Support groups.
- *Website:* Area62.org

Co-Dependents Anonymous(888) 444-2359

- Support groups.
- *Website:* CODA.org

Mental Health America of Spartanburg(864) 345-0014

- Resource referral, advocacy, education.
- *Website:* MHASpartanburg.org

National Association on Mental Illness (NAMI) South Carolina Helpline(800) 788-5131

- Education, resources, support groups.
- *Website:* NAMISC.org

Needy Meds(800) 503-6897

- Assistance paying for medications, drug information.
- *Website:* NeedyMeds.org

RX Assist

- Provides resources offering free medications to people who cannot afford to buy their medicine.
- *Website:* RXAssist.org

SC Share(803) 739-5712

- Peer support, dual diagnosis support groups.
- *Website:* SCShare.com

Wellness Recovery Action Plan

- Help to develop a crisis plan or post-crisis plan.
- *Website:* MentalHealthRecovery.com

ONLINE RESOURCES

TRANSPORTATION

Chester County Connector (803) 385-3838

- Transportation for residents of Chester, York & Lancaster counties.
- *Website:* ChesterConnector.com

Modivcare – Medicaid Medical Transport (866) 910-7684

- Transportation for medicaid recipients.
- *Website:* Modivcare.com

ReGenesis Healthcare..... (864) 582-2411

- Rides to medical appointments.
- *Website:* MYRHC.org

ONLINE RESOURCES

TREATMENT — INPATIENT

Aurora Pavilion Behavioral Health Services..... (803) 641-5900

- Adult, child & adolescent programs for chemical dependency & dual-diagnosis.
- *Website:* AikenRegional.com/services/behavioral-health-services

Beaufort Memorial (843) 522-5200

- Adult programs.
- *Website:* BMHSC.org/services/adult-mental-health

Broadstep Behavioral Health..... (919) 582-0383

- Support for children and adults with intellectual and developmental disabilities (I/DD), mental illness, and co-occurring disorders.
- *Website:* Broadstep.com

The Carolina Center for Behavioral Health (877) 925-6315

- Adult & adolescent programs, chemical dependency & dual-diagnosis programs.
- *Website:* TheCarolinaCenter.com

Carolina House..... (866) 945-4792

- Adult programs (17 and older).
- *Website:* CarolinaEatingDisorders.com

Children’s Place Inc..... (803) 641-4144

- Therapeutic childcare, family counseling.
- *Website:* ChildrensPlaceInc.org

Excalibur Youth Services LLC/Avalonia Group Homes.....(864) 836-7220 ext 2106

- Child & adolescent programs (ages 5-21).
- *Website:* RecoverOurYouth.org

Faith Home Inc. — Cowpens Men’s Facility.....(864) 223-0694

- No cost, Christian recovery program for men and women.
- *Website:* FaithHomegwd.net

FAVOR Spartanburg(864) 940-1136

- Addiction recovery program through advocacy, education and peer-based support services.
- *Website:* FavorSC.org

First Contact Addiction Ministries(864) 326-9200

- Free support services for addiction & recovery in Hendersonville NC, Henderson county and western North Carolina. **(828) 435-2180**
- *Website:* FirstContactWNC.org

Generations – Pathways(864) 243-5557

- Treatment for adolescent males with sexual behavior problems.
- *Website:* GenerationsGroup.com

GHS Marshall I Pickens Hospital(864) 455-8988

- Adult, child and adolescent programs; inpatient (6-17) & residential (6-12).
- *Website:* PrismaHealth.org/locations/hospitals/marshall-i-pickens-hospital

GoForth Recovery(864) 586-5885

- Men’s addiction recovery program and residential transitional living home for alcoholics and drug addicts.
- *Website:* Goforthrecovery.com

Greenville Memorial Hospital(864) 455-8988

- Adult, geriatric, child & adolescent (age 6-17) programs.
- *Website:* PrismaHealth.org/locations/hospitals/greenville-memorial-hospital

Havenwood Behavioral Health(864) 660-6217

- Adult & geriatric programs for chemical dependency.
- *Website:* HavenwoodBehavioral.com

Healing Reign Ministry(864) 201-5463

- Assistance with individuals looking to enter a low-cost Christian substance addiction rehab facility.
- *Website:* Facebook.com/HealingReignMinistry

Lighthouse Behavioral Health Hospital(843) 347-8871

- Adult & adolescent (12-17) programs.
- *Website:* LighthouseBehavioral.com

- Lowcountry Transitions – Trident Medical Center**.....(843) 847 -3080
- Adult programs (18 & up).
 - *Website:* TridentHealthSystem.com/service/behavioral-health
- Morris Village**.....(803) 935-7100
- Adult chemical dependency programs.
 - *Website:* <http://www.State.SC.US/dmh/morrisvillage>
- MUSC Health Institute of Psychiatry**(843) 792-9888
- Treatment for adult, seniors, children & adolescents (5-17).
 - *Website:* MUSCHealth.org/medical-services/psychiatry
- New Hope Treatment Centers**(800) 776-6482
- Adolescent programs (12-21).
 - *Website:* NewHopeTreatment.com
- Novant Behavioral Health**(800) 718-3550
- Adolescent programs (age 7-17).
 - *Website:* NovantHealth.org/services/mental-health/inpatient-services
- Palmetto Lowcountry Behavioral Health**.....(843) 747-5830
- Adult & adolescent (age 12-17) programs; substance use programs.
 - *Website:* PalmettoBehavioralHealth.com
- Palmetto Summerville Behavioral Health**.....(843) 851-5015
- Child & adolescent (age 7-21) programs.
 - *Website:* PalmettoSummerville.com
- Patrick B. Harris Hospital**(864) 231-2600
- Adult programs.
 - *Website:* PatrickBHarris.com
- Prisma Health Behavioral Care – Baptist**.....(803) 434-4813
- Adult, child & adolescent (age 5-18) programs.
 - *Website:* PrismaHealth.org/services/behavioral-health-and-psychiatry
- Prisma Health Behavioral Care – Richland Springs**.....(803) 434-4813
- Adult programs for chemical dependency & dual diagnosis.
 - *Website:* PrismaHealth.org/services/behavioral-health-and-psychiatry
- The Prodigal’s Home**(864) 300-7025
- Faith-based men’s addiction and recovery center; counseling services.
 - *Website:* TheProdigalsHome.com
- Rebound Behavioral Health**.....(888) 351-0494
- Adult programs.
 - *Website:* ReboundBehavioralHealth.com

- The Senior Retreat** (803) 713-6291
- Geriatric psychiatric treatment.
 - *Website:* locations.muschealth.org/sc/camden/1315-roberts-street-fac643
- Springbrook Autism Behavioral Health** (864) 834-8013
- Programs for children and adolescents (age 5-21) with autism.
 - *Website:* SpringbrookBehavioral.com
- Sumter Behavioral Health Services** (803) 905-5100
- Behavioral health counseling, prevention and intervention services for residents of Sumter county.
 - *Website:* SumterBHS.org
- Tapestry** (828) 469-0479
- Adult & adolescent eating disorders and co-occurring programs.
 - *Website:* TapestryRecovery.com
- Three Rivers Behavioral Health**..... (803) 796-9911
- Adolescent (age 11-17), adult & senior programs.
 - *Website:* ThreeRiversBehavioral.org
- Three Rivers Midlands** (803) 791-9918
- Children & adolescent (ages 6-21) programs.
 - *Website:* ThreeRiversMidlands.org
- Tri-County Crisis Stabilization Center**..... (843) 953-2390
- 10-bed, voluntary adult crisis unit serving Berkeley, Charleston and Dorchester counties.
 - *Website:* CharlestonDorchesterMHC.org/services/tri-county-crisis-stabilization-center
- William J. McCord Adolescent Treatment Facility**..... (803) 536-4900
- Adolescent alcohol and substance use programs.
 - *Website:* TCCADA.com
- William S. Hall Psychiatric Institute**..... (803) 898-1662
- Child & adolescent programs.
 - *Website:* facebook.com/WSHPI
- Willowglen Academy - South Carolina** (803) 201-4888
- Child & adolescent (age 6-20) residential programs.
 - *Website:* Rehab.com/willowglen-academy-residential-treatment
- Windwood Farm Home for Children** (843) 884-5342
- Psychiatric residential program (for males age 6-16) and family services.
 - *Website:* WindwoodFarm.org

Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

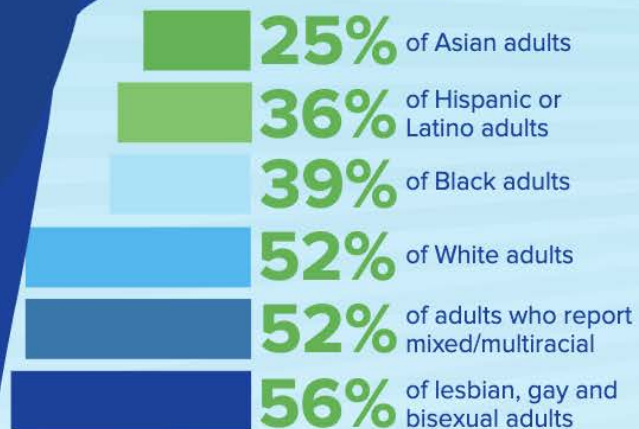
PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

47% of adults with mental illness

65% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year



*For therapy to work, you have to be open to change. I'm proud to say that I changed.
Therapy saved my life.*

– NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMI

NAMICommunicate

NAMICommunicate

www.nami.org

 **NAMI**
National Alliance on Mental Illness

Access to Behavioral Health (Access Health).....(864) 560-0190

- Care coordination for physical and mental healthcare needs.
- *Website:* AccessHealthSpartanburg.com

Behavioral Health – Regenes Health Care.....(864) 582-2411

- Provides residents of Spartanburg and Cherokee counties with affordable, professional healthcare.
- *Website:* MyRHC.com

The Carolina Center for Behavioral Health.....(864) 235-2335

- Adult & adolescent partial hospitalization; adult psychiatric & chemical dependency intensive outpatient programs.
- *Website:* TheCarolinaCenter.com

Cherokee County Mental Health Clinic.....(864) 487-2710

- Adult, adolescent & family programs; employment and housing programs; emergency services.
- *Website:* SPARMHC.org

Chester County Mental Health Clinic.....(803) 581-8311

- Adult, children & family services.
- *Website:* SCDMH.net/catawba-community-mental-health-center

The Forrester Center for Behavioral Health.....(864) 582-7588

- Adult and adolescent prevention and treatment services including outpatient treatment, intervention, medication-assisted treatment, smoking cessation.
- *Website:* TheForresterCenter.org

Greater Greenville Mental Health Center.....(864) 241-1040

- Adult services, child, adolescent & family services.
- *Website:* GreaterGreenvilleMHC.com

GoForth Recovery.....(864) 586-5885

- Men’s addiction recovery program and residential transitional living home for alcoholics and drug addicts.
- *Website:* GoForthRecovery.com

Hazel Pittman Center.....(803) 377-8111

- Adult & youth substance use programs; intensive outpatient programs.
- *Website:* HazelPittman.org

Key Stone Substance Abuse Services.....(803) 324-1800

- Youth & adult intensive outpatient programs.
- *Website:* KeystoneYork.org

Prisma Adolescent Recovery Center.....(803) 296-6829

- Substance abuse, mental health and T.A.S.K. (brief intervention) treatment.
- *Website:* PrismaHealth.org/services/behavioral-health-and-psychiatry/midlands-outpatient-programs

- Palmetto Citizens Against Sexual Assault (Lancaster, Chester & Fairfield).....(803) 286-5232**
- Individual & group counseling, support groups, court advocacy and child advocacy.
 - *Website:* PalmettoCASA.org
- Prisma Health Day Treatment(803) 296-8765**
- Adult partial hospitalization & intensive outpatient programs.
 - *Website:* prismahealth.org/locations/practices/behavioral-health-gracern-rd
- Partnership to End Addiction.....text CONNECT to 55753**
- Dedicated to addiction prevention, treatment and recovery.
 - *Website:* DrugFree.org
- Phoenix Center(864) 467-3790**
- Affordable services for the prevention, treatment and recovery from substance abuse.
 - *Website:* PhoenixCenter.org
- The Pittman Center(803) 377-8111**
- Adolescent and adult intensive outpatient support groups.
 - *Website:* HazelPittman.org
- Rebound Behavioral Health.....(888) 351-0494**
- Adult programs.
 - *Website:* ReboundBehavioralHealth.com
- Safe Passages Inc.....(800) 659-0977**
- Emergency shelter, support groups, counseling, advocacy, children’s services.
 - *Website:* SafePassageSC.org
- South Carolina Department of Mental Health (Deaf Services)(800) 647-2066
(803) 339-3339 (Video)**
- Adults, children & family services; psychoeducation therapy, school services (IEP).
 - *Website:* SCDMH.net/dmh-components/community-mental-health-services/programs/deaf-services
- South Carolina Recovering Professional Program(803) 896-5700**
- Substance use and dual-diagnosis programs for healthcare professionals.
 - *Website:* SCRPP.org
- Spartanburg Area Mental Health Center(864) 585-0366**
- Adult, adolescent & family programs; employment and housing programs; emergency services.
 - *Website:* SPARMHC.org
- Three Rivers Behavioral Health.....(803) 796-9911**
- Adult psychiatric & chemical dependency; outpatient; partial hospitalization.
 - *Website:* ThreeRiversBehavioral.org

Spartanburg Area Mental Health Center

MISSION

Our mission is to support the recovery of people with mental illnesses. We believe that with the right treatment and support, recovery is possible.

ABOUT US

The spartanburg Area Mental Health Center received a grant allowing us to create the Café Center. We offer a matrix of services and support for all ages and diagnosis. These services improve outcomes by utilizing evidence-based and promising practices.

Spartanburg Area Mental Health Center is part of the SC Department of Mental Health, supported by local, county, state and federal funding.

The board of trustees, appointed by the governor of South Carolina, is comprised of representatives from the three counties served: Cherokee, Spartanburg and Union.

ACCESSIBILITY

Interpreter services and language assistance are available for anyone including those with limited English, the deaf and hard of hearing, and the blind and visually impaired.

OUR SERVICES

- Family support
- Peer support
- Family therapy
- Individual therapy
- Diagnostic assessment
- Prescriptive services
- Care Coordination

CONTACT US

(864) 594-0500

Monday-Friday
8:30 a.m. – 7 p.m.



“We want to provide an alternative to the emergency room for the child and family facing crisis.”

- Roger Williams, SAMHC Executive Director

Spartanburg Mental Health Center – 3588 Serpentine Drive • Spartanburg, SC 29302

Dorn VA(803) 776-4000 ext. 6823

- Inpatient and outpatient programs, psychosocial rehabilitation and recovery center, substance abuse.
- *Website:* VA.gov/columbia-south-carolina-health-care

Dorn VA Homeless Veterans Programs.....(803) 776-4000 ext. 6823

- Homeless housing programs, employment services, healthcare services.
- *Website:* ColumbiaSC.va.gov/services/homeless

Dorn VA Military Sexual Trauma(803) 776-4000 ext. 6823

- Trauma services.
- *Website:* MentalHealth.va.gov/mentalhealth/msthome

Give an Hour

- Mental health support and resources.
- *Website:* GiveAnHour.org

Rock Hill VA Clinic(803) 366-4848

- Primary healthcare; mental health services; lab services.
- *Website:* VA.gov/columbia-south-carolina-health-care/locations/rock-hill-va-clinic

Spartanburg VA Clinic(864) 582-7025

- Primary healthcare; mental health services; lab services.
- *Website:* ColumbiaSC.va.gov/locations/spartanburg

The Big Red Barn Retreat(803) 716-9097

- Integrated practices, training, and programs that are alternatives to traditional treatments. Services provided to veterans, active duty service members and first responders at no cost.
- *Website:* TheBigRedBarnRetreat.org

Three Rivers Trauma Recovery Program for PTSD.....(803) 796-9911

- A specialty program track offered to military members, veterans and first responders (age 18+). This treatment program focuses on recovery from trauma as it relates to emotions, the environment, trust and the brain.
- *Website:* ThreeRiversBehavioral.org/programs-services/military-first-responders

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Foundation

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