






South Carolina Based Mental Health Resources

Please note, we are always looking to add additional mental health resources to our list! Please contact us at BASC@g.clemson.edu if you are aware of updates or additions to our list.


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Information for Educators & Other School District Employees Struggling with Well-being

Resource	Contact Information	About
SC school districts	n/a	Confidential counseling services offered free of charge through most District Employee Assistance Programs (EAPs)
	https://couragerenewal.org/	Originally founded to provide retreats and professional development opportunities specifically for teachers; has since moved to include all service professionals
	https://ed.sc.gov/districts-schools/special-education-services/programs-and-initiatives-p-i/behavior-supports/	State Department of Education approved behavioral and mental health supports (includes local and national resources for educators and families)
	https://ed.sc.gov/districts-schools/student-intervention-services/advancing-wellness-and-resiliency-in-education-awarde/	State Department of Education approved resources (including school mental health implementers, screenings and assessments, and practice and intervention resources)

General Information and Resources about Mental Health


Resource	Contact Information	About
 <p>National Association on Mental Health, South Carolina (NAMI)</p>	https://namisc.org/ Helpline: 1-800-950-NAMI (6264)	Resources for each region of the state: <ul style="list-style-type: none"> • Upstate • Pee Dee • Northern • Midlands • Lowcountry





 <p>South Carolina Department of Mental Health (SCDMH)</p>	https://scdmh.net/	<p>SC Mental Health Facility Finder - https://scdmh.net/contact/dmh-facility-locator/</p> <p>Upstate providers (Greenville, Simpsonville, Greer): http://www.greatergreenvillemhc.com/</p>
	https://mha-sc.org/	
	https://giftcounselingcenter.com/	<p>“GIFT serves as a model for changing how we think about stress, trauma, and mental wellness by teaching people about mindfulness and the practice of living in a state of active, open attention on the present, which allows us to self-heal and live a better life.”</p>
	https://www.namigreenvillesc.org/	<p>List of Upstate therapists and other resources: https://www.namigreenvillesc.org/wp-content/uploads/CCBH-Directory-June-2020.pdf</p>
	https://www.psychologytoday.com	<p>Locate service providers: https://www.psychologytoday.com/us/therapists</p>
	https://prismahealth.org	<p>Locate service providers: https://prismahealth.org/services/behavioral-health-and-psychiatry</p>






Mental Health Crisis

Resource	Contact Information	About
 <p>National Suicide and Crisis Lifeline</p>	<p>https://988lifeline.org/ Call or Text: 988 Chat at: 988SC</p>	<p>English and Spanish Resources</p>
 <p>South Carolina Community Crisis Response & Intervention Line</p>	<p>Mobile Crisis Access Phone Line: 833-364-2274 (833-DMH-CCRI) Email: mobilecrisis@scdmh.org</p>	<p>Available statewide 24/7; toll-free calling</p>
 <p>American Foundation for Suicide Prevention</p>	<p>https://afsp.org/chapter/south-carolina</p>	<p>Resources for those having thoughts of suicide, looking for treatment or support, worried about someone</p>

Resources for Suicide Prevention

Resource	Contact Information	About
	<p>www.Foundation2CrisisChat.org</p>	<p>One-to-One online chat available Online & texting chats are available from 9am-3pm M-F. All contacts are confidential.</p>



Foundation 2 Crisis Service		
 <p>National Suicide and Crisis Lifeline</p>	https://988lifeline.org/ Call or Text: 988 Chat at: 988SC	English and Spanish Resources
 <p>American Foundation for Suicide Prevention</p>	https://afsp.org/chapter/south-carolina	Resources for those having thoughts of suicide, looking for treatment or support, worried about someone
Domestic Violence, Abuse, and Sexual Assault		
Resource	Contact Information	About
	https://www.cac-sc.org/directory/ Phone: 803-576-7250	Weblink directs to an interactive map of Children's Advocacy Centers (CACs) in South Carolina
	https://www.sccadvasa.org/get-help/	Web link directs to an interactive map of domestic violence or sexual assault organizations across South Carolina

 <p>NATIONAL DOMESTIC VIOLENCE HOTLINE</p>	<p>National Domestic Violence Hotline: 1-800-799-SAFE (7233)</p>	
 <p>DSS SOUTH CAROLINA DEPARTMENT of SOCIAL SERVICES</p>	<p>https://dss.sc.gov/child-well-being/</p>	<p>Resources and information regarding child well-being</p>
<p>Resources and Support Related to Human Trafficking in SC</p>		
<p>Resource</p>	<p>Contact Information</p>	<p>About</p>
 <p>NCHES National Center for Homeless Education at SERVE</p>	<p>https://nche.ed.gov/wp-content/uploads/2018/10/trafficking.pdf</p>	<p>pdf Resource - “Sex Trafficking of Minors: What Schools Need to Know to Recognize and Respond to the Trafficking of Students”</p>
 <p>NATIONAL HUMAN TRAFFICKING HOTLINE</p>	<p>Phone: 1-888-373-7888 TTY: 711 Text: 233733 Email: help@humantraffickinghotline.org</p>	<p>Help available in English and Spanish</p>
 <p>South Carolina Legal Services Balancing the Scales of Justice</p> <p>South Carolina Legal Services</p>	<p>http://www.sclegal.org/ Phone: 1-888-346-5592 (Greenville, SC)</p>	<p>Direct Service for Victims and Survivors of Human Trafficking</p>

 <p>LUTHERAN SERVICES CAROLINAS</p>	<p>https://lscarolinas.net/ Phone: (803) 750-9917 (Columbia, SC)</p>	<p>Direct Service for Victims and Survivors of Human Trafficking</p>
 <p>Sexual Trauma Services of the Midlands</p>	<p>www.stsm.org Phone: (803) 771-7273</p>	<p>Services for sexual assault survivors (to include sex trafficking survivors) ages 8 and up, as well as secondary survivors. All under the age of 8 are referred to local Child Advocacy Centers</p> <p>24/7 Referral Method</p> <p>Newberry, SC and Columbia, SC</p>
<p>Substance Use Prevention, Treatment, and Recovery Services</p>		
<p>Resource</p>	<p>Contact Information</p>	<p>About</p>
 <p>South Carolina DAODAS Department of Alcohol and Other Drug Abuse Services</p>	<p>https://www.daodas.sc.gov/</p>	<p>Locate treatment providers: https://www.daodas.sc.gov/services/treatment/local-providers/</p>
<p>JUST PLAIN KILLERS</p>	<p>https://justplainkillers.com/</p>	<p>Locate opioid specific support and treatment in your area: https://justplainkillers.com/find-help/</p>
 <p>SCIWAY South Carolina's Information Highway</p>	<p>https://www.sciway.net/med/drugalcohol.html</p>	<p>Resources are listed by SC county</p>

 <p>Drug Rehab Services</p>	https://www.addicted.org/south-carolina-long-term-drug-rehab.html	Drug Rehab Services in SC
LGBTQ Resources and Support		
Resource	Contact Information	About
 <p>SOUTH CAROLINA EQUALITY "Equal Means Everyone"</p>	http://www.equalmeaneveryone.org/get-informed/lgbtq-resources/	
 <p>Parents, Families, and Friends of Lesbians and Gays</p>	https://pflag.org/	Find resources: https://pflag.org/find-resources/
 <p>HARRIET HANCOCK CENTER FOUNDATION</p>	http://harriethancockcenter.org	Support for the Midlands Resource guide: http://harriethancockcenter.org/resource-guide
 <p>CAMPAIGN FOR SOUTHERN EQUALITY</p>	https://southernequality.org	Resources for South Carolina: https://southernequality.org/southcarolina/

Student & Family Mental Health Supports

Resource	Contact Information	About
 <p>Federation of Families of South Carolina <i>A Voice for Children's Mental Health in SC</i></p>	<p>https://fedfamsc.org/</p>	<p>Resources for students (includes support for anxiety, depression, PTSD, eating disorders, OCD, ODD, and panic disorders): https://fedfamsc.org/resources/</p>
 <p>Carolina Family Engagement Center</p>	<p>https://cfec.sc.gov/about-carolina-family-engagement-center</p>	<p>Mental health supports for SC students: https://cfec.sc.gov/mental-health-support-south-carolina-students</p>