

CHEROKEE COUNTY

MENTAL HEALTH RESOURCE GUIDE

CHEROKEE COUNTY, ACROSS THE CAROLINAS AND NATIONWIDE



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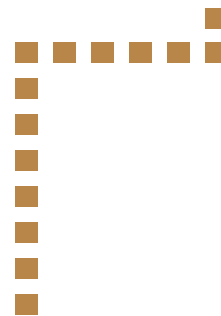
Every year, millions of people in the U.S. experience a mental health crisis. It is important to know that regardless of your particular situation,



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. Resources are also 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.

Local resources are highlighted with a gray box.

Remember, if there is an emergency, call 911.

CRISIS RESOURCES

ADDICTION

AddictionResource.net.....(844) 994-1177

- Offering comprehensive resources for addiction recovery and rehabilitation

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

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

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

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

Substance Abuse Helpline(855) 907-2953

The Prodigal’s Home(864) 300-7025

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

CRISIS RESOURCES

ASSAULT/ABUSE/TRAFFICKING

Julie Valentine Center Crisis Hotline.....(864) 467-3636

- Sexual assault and abuse support

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

National Human Trafficking Hotline(888) 373-7888

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

Safe Passage Inc. 24-hour Hotline.....(800) 659-0977
(803) 329-2800

- Sexual trauma services
- *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.

DOMESTIC VIOLENCE

- 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

- Project R.E.S.T. 24-Hour Crisis Line(864) 583-9803 (Local Information)**
(800) 273-5066

 - 1612 North Limestone Street, Gaffney, SC UW Cherokee Non-Profit Partnership Center
 - Formerly SAFE Homes. Working together to Restore, Empower, Support and Transform those affected by domestic and sexual violence.
 - *Website:* ProjectREST.org

- National Domestic Violence Hotline(800) 799-SAFE (7233)**
TTY: (800) 787-3224

 - 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

- 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

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

Emergency911

American Association of Suicidology (AAS)

- Promotes the understanding and prevention of suicide, and offers 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

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

- *Website:* CrisisTextLine.org

Local Mobile Crisis(833) 364-2274

- 24/7/365 psychiatric assessment and response. The mobile unit will come to you if a crisis is determined. Otherwise they will provide a referral to your local mental health center for follow up.

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

- *Website:* NamiSpartanburgSC.org

**National Suicide Prevention Lifeline988 (text or call)
988 Suicide & Crisis Lifeline Text “AYUDA” for Spanish Text
Text 838255 for Veterans
TTY: Dial 711, then 988**

- Phone and online crisis support.
- *Website:* 988Lifeline.org

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

TeenLineText “TEEN” to 839863

- Mental health support and resources for young people. Hotline staffed with professionally trained teen counselors.

RESOURCES BY NEED

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.



- Academic Technology and Wellness Academy(864) 514-3124**
 - Center providing elementary/teen after-school programs
 - 122 E. Robinson St., Gaffney, SC
- Boys & Girls Clubs of the Upstate Cherokee County(864) 489-3472**
 - Elementary/teen programs
 - 201 Pecan St., Gaffney, SC 29340
- CAFÉ Center(864) 594-0500**
 - Family peer support, family & individual therapy, diagnostic assessment, prescriptive services and care coordination (ages 0-22).
- Camden Military Academy.....(803) 432-6001**
 - Boarding/day School
 - *Website:* CamdenMilitary.com
- 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
- Epworth Children’s Home(803) 748-2815**
 - Independent Living Center & Transitional Independent Living Program for at-risk young adults 18 & up
 - *Website:* EpworthChildrensHome.org
- Generations – Pathways(864) 243-5557**
 - Treatment for adolescent males with sexual behavior problems.
 - *Website:* GenerationsGroup.com
- Lighthouse Behavioral Health Hospital(843) 347-8871**
 - Adult & adolescent (12-17) programs.
 - *Website:* LighthouseBehavioral.com
- New Hope Treatment Centers(800) 776-6482**
 - Adolescent programs (12-21)
 - *Website:* NewHopeTreatment.com
- Novant Behavioral Health(800) 718-3550**
 - Adolescent programs (ages 7-17)
 - *Website:* NovantHealth.org/services/mental-health/inpatient-services
- Palmetto Behavioral Health (age 12-17)(843) 747-5830**
- Palmetto Summerville (age 7-21)(843) 851-5015**
- South Carolina Continuum of Care.....(803) 734-4500**
 - Wrap-around care services for children.
 - *Website:* COC.SC.gov
- South Carolina Department of Juvenile Justice.....(864) 487-2564**
 - Resources for youth offenders and at-risk youth
 - *Website:* DJJ.SC.gov



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 CAFÉ 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

CRISIS RESOURCES

CHILDREN/ADOLESCENTS/TEENS (CONT.)

- South Carolina Youth Advocate Program.....(800) 882-5513**
 - Special education, IEPs and advocacy.
 - *Website:* SCYAP.com
- South Carolina Department of Social Services(864) 596-3001**
 - Children, youth and family counseling.
 - *Website:* DSS.SC.gov
- SC Youth Challenge Academy(803) 299-4872**
 - Residential and other services
 - *Website:* SCYouthChallenge.com
- Wil Lou Gray Opportunity School(803) 822-6480**
 - Residential services, age 15 to graduation
 - *Website:* WilLouGray.org
- William J. McCord Adolescent Treatment Facility.....(803) 536-4900**
 - Adolescent alcohol and substance use programs.
 - *Website:* TCCADA.com

CRISIS RESOURCES

DOMESTIC VIOLENCE & TRAFFICKING

- Love Is Respect (Domestic Violence Support).....(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
 - National Human Trafficking Hotline(888) 373-7888**
 - National Sexual Assault Hotline.....(800) 656 HOPE (4673)**
 - 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
- Project R.E.S.T. (Local information)(864) 583-9803**
- 1612 North Limestone Street, Gaffney, SC
United Way Cherokee Non-Profit Partnership Center
 - 24-hour hotline)

CRISIS RESOURCES

DOMESTIC VIOLENCE & TRAFFICKING (cont.)

Safe Harbor Domestic Violence Hotline(800) 799-SAFE (7233)
TTY: (800) 787-3224

- Support for survivors of sexual and domestic violence and human trafficking.
- 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](https://www.acf.hhs.gov/fysb/ndvh)

Safe Passage Inc. 24-hour Hotline.....(800) 659-0977
(803) 329-2800

- Sexual trauma services
- **Website:** [SafePassageSC.org](https://www.SafePassageSC.org)

SWITCH SC.....(864) 215-3977

- Based in Greenville, SC, Switch SC’s mission is to end human trafficking. Services provided include awareness/education, prevention, intervention and restoration
- **Website:** [SwitchSC.org](https://www.SwitchSC.org)

RESOURCES BY NEED

EATING DISORDERS



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

- Adult inpatient programs (17 and older) for those with eating disorders.
- **Website:** [CarolinaEatingDisorders.com](https://www.CarolinaEatingDisorders.com)

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](https://www.EatingDisordersAnonymous.org)

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

- Helps people struggling with compulsive eating and binge eating. Provides meeting locations nationwide.
- **Website:** [OA.org](https://www.OA.org)

Tapestry(828) 469-0479

- Adult & adolescent eating disorders and co-occurring programs.
- **Website:** [TapestryRecovery.com](https://www.TapestryRecovery.com)

RESOURCES BY NEED

EMERGENCY ASSISTANCE & SHELTERS



American Red Cross(704) 376-1661

- Emergency response
- *Website:* [RedCross.org](https://www.RedCross.org)

Cherokee County Homeless Coalition(864) 488-1009

- 401 New St., Gaffney
- Transitional housing provider

Cherokee County Soup Kitchen.....(864) 488-9314

- 119 E Birnie St., Gaffney
- Monday-Saturday 11:30-12:30; Sundays 1:00-2:00

Cherokee Salvation Army(864) 809-1024

- 601 Colonial Ave., Gaffney
- Food pantry and vouchers for other items

Emergency Food Assistance

- *Website:* [SecondHarvestMetrolina.org/need-food](https://www.SecondHarvestMetrolina.org/need-food)

Miracle Hill Rescue Mission.....(864) 488-0376

- 227 Henderson St., Gaffney (shelter)
- Emergency shelter and other assistance (food, clothing)
- *Website:* [MiracleHill.org](https://www.MiracleHill.org)

Peach Center Ministries.....(864) 489-2549

- 518 N. Limestone St., Gaffney
- Food pantry, clothes closet, financial assistance for utilities, rent/mortgage, medication, etc.

Piedmont Community Action.....(864) 585-8183

- General Emergency Assistance Program
- *Website:* [pcasp.org](https://www.pcasp.org)

Project R.E.S.T.....(864) 583-9803

- 236 Union St. Spartanburg
- Temporary shelter for those seeking solace from abuse
- *Website:* [ProjectRest.org](https://www.ProjectRest.org)

EMPLOYMENT & EDUCATION



Achieve Program (USC Upstate).....(864) 764-1971

- 16-24 years of age
- GED program, pre-employment training, life-skills, job placement, and transportation

Adult Learning Cherokee County(864) 206-6992

- GED Program and diploma track

Camden Military Academy..... (803) 432-6001

- Boarding/day School
- *Website:* CamdenMilitary.com

Cherokee County Literacy Association.....(864) 487-2707

- Reading program and tutoring services

Goodwill Industry of Upstate(864) 351-0130

- Career services
- *Website:* GoodwillSC.org

Job Accommodation Network(800) 526-7234

- Disability accommodations and employment policy
- Spanish speaking
- *Website:* AskJan.org

SC Virtual Charter School (866) 467-5185

- Online school
- *Website:* K12.com

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:* ChooseWorkSSA.gov

RESOURCES BY NEED

HOUSING ASSISTANCE

- Gaffney Housing Authority** (864) 489-3193
 - Affordable Housing and other programs
 - Website:* GaffneyHA.org

- SC Housing** (803) 896-9001
 - Affordable housing programs
 - Website:* SCHousing.com

- SC Regional Housing Authority** (864) 984-0578
 - Affordable Housing Programs
 - Website:* SCRHA.net

- United Housing Connections** (864) 241-0462
 - Affordable Housing Programs
 - Website:* UnitedHousingConnections.org

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

ONLINE RESOURCES

LEGAL AID

- Bazelon Center for Mental Health Law** (202) 467-5730
 - Education, advocacy, research.
 - Website:* Bazelon.org

- Cherokee County Probate Court** (864) 487-2583
 - Involuntary commitments; conservatorships.
 - Website:* CherokeeCountySC.gov/probate-court/involuntary-commitments

- 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



CAFÉ Center (864) 594-0500

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

Cherokee Mental Health Center (864) 487-2710

- 133 Wilmac Rd., Gaffney, SC
- Offers services to adults, children, and their families
- **Website:** SPARMHC.org

Depression Screening

- Offer a confidential way for people to get screened for symptoms of depression and guide people toward appropriate help
- **Website:** Screening.MHANational.org/screening-tools/depression

Local Mobile Crisis (833) 364-2274

- 24/7/365 psychiatric assessment and response. The mobile unit will come to you if a crisis is determined. Otherwise they will provide a referral to your local mental health center for follow-up

Mental Health Screening

- **Website:** Hope.ConnectsYou.org

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

- **Website:** NamiSpartanburgSC.org

Outside of the Box Therapy (864) 597-9493

- 206 West Meadow St., Gaffney, SC
- Offers services to adults, children, and their families
- **Website:** OutsideOfTheBoxtherapy.com

ReGenesis Community Health Center (864) 582-2411

- 1341 N. Limestone St., Gaffney, SC
- Behavioral health and basic healthcare services.
- **Website:** MYRHC.org

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

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

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.

CRISIS RESOURCES

PARENTING & PREGNANCY RESOURCES

Cherokee Pregnancy Center.....(864) 489-9939

1719 Old Georgia Hgwy Gaffney

- Offers services for sexual health education, pregnancy, abortion education and recovery, and services for fathers
- **Website:** CherokeePregnancyCenter.com

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

Hope Center for Children – Spartanburg.....(864) 583-7688

Positive Parenting Program

- Offers free virtual parenting programs, private consultations, group seminars, discussion groups, and intensive support
- **Website:** HopeCFC.org/TripleP (Can refer online)

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

- **Website:** NamiSpartanburgSC.org

Upstate Fatherhood Coalition.....(864) 598-5251

- Offers education and services uniquely tailored for fathers trying to rebuild their lives and their families
- **Website:** UpstateFathers.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

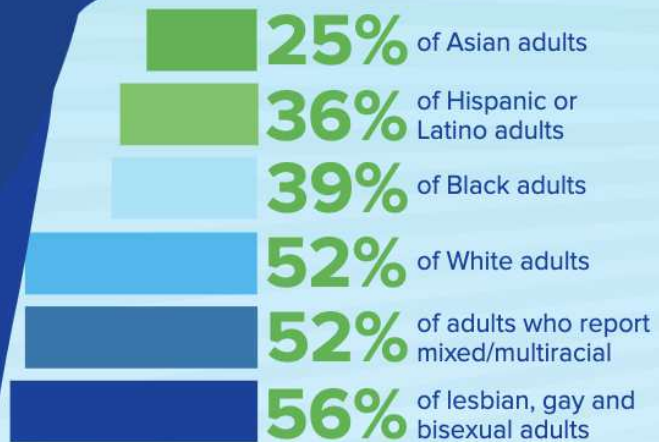
PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

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)

f NAMI

🐦 NAMICommunicate

📷 NAMICommunicate

🌐 www.nami.org

nami
National Alliance on Mental Illness

RESOURCES BY NEED

RE-ENTRY

Goodwill Industry of Upstate(864) 351-0130

Re-entry employment services

• *Website:* GoodwillSC.org

Root & Rebound(864) 546-5089

- Greenville
- Reentry email hotline (southcarolina@rootandrebond.org) legal services, record-cleaning, legal education, advocacy

• *Website:* RootAndRebound.org

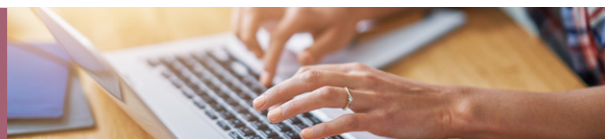
South Carolina Department of Corrections(803) 896-8500

- SC Second Chance reentry resource guide, list of federally qualified health centers, housing resource list, and family assistance

• *Website:* DOC.SC.gov/programs

RESOURCES BY NEED

RESEARCH/REFERRALS



American Foundation for Suicide Prevention (AFSP)

- Provides information about suicide, support for survivors, prevention, research, and more

• *Website:* AFSP.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

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

- Education, advocacy, research

• *Website:* Bazon.org

Brain & Behavior Research Foundation(800) 829-8289

- Committed to alleviating suffering caused by mental illness by awarding grants that will lead to advances and breakthroughs in scientific research.

• *Website:* BBRFoundation.org

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

Disability Rights South Carolina(803) 782-0639

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

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

Help WHEN You Need It

- Provides a listing of services for all categories
- *Website:* HelpWhenYouNeedIt.org

National Institute on Mental Health(866) 615-6464

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

National Institute on Alcohol Abuse and Alcoholism

- The lead agency for U.S. research on Alcohol use disorders
- *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

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

Juvenile Bipolar Research(914) 468-1297

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

National Institute on Alcohol Abuse and Alcoholism

- The lead agency for U.S. research on Alcohol use disorders
- *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

National Institute on Mental Health(866) 615-6464

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

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

- *Website:* NAMI.org/affiliate/south-carolina/nami-spartanburg-area-sc

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

South Carolina Respite Coalition.....(803) 935-5027

- Respite for caregivers
- *Website:* SCRespiteCoalition.org

United Way of South Carolina.....211

- *Website:* SC211.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

Wrightslaw – Special Education Law

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

RESOURCES BY NEED

SENIOR & DISABILITY SERVICES



Able South Carolina.....(864) 235-1421

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

**Cherokee County Disabilities & Special Needs Board.....(864) 487-4190
(800) 289-7012 DDSN referral line**

- 959 E O’Neal St., Gaffney
- Early intervention, day services, family support
- *Website:* CherokeeDSNB.org

Cherokee County Literacy Association.....(864) 487-2707

- Reading program and tutoring services

Disability Rights South Carolina(803) 782-0639

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

Meals on Wheels(864) 487-2730

- 403 West Montgomery St.
- *Website:* CherokeeCountySCMOW.org

Senior Center of Cherokee County(864) 489-3868

- 499 West Rutledge Ave.

Seniors Raising Children Program.....(864) 242-9733

- The SRC program provides free services and financial assistance specifically to adults 55+ who find themselves caring for a dependent child.
- *Website:* SCACOG.org

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

- 145 N Church St. Spartanburg
- Disability Benefits
- *Website:* SSA.gov/disability

South Carolina Vocational Rehabilitation(800) 832-7526

- *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

SOCIAL SERVICES/ASSISTANCE



- Access Health – Cherokee.....(864) 487-1520**
 - 1530 N. Limestone St., Gaffney, SC 29340
 - Primary care provider for the uninsured
- Free Medical Clinic of Cherokee County(864) 514-3141**
 - 499 West Rutledge Ave.
 - Primary care provider for the uninsured
- Piedmont Care Inc.(864) 582-7773**
 - 101 N. Pine St., Suite 200, Spartanburg, SC 29302
 - Provides HIV/AIDS care, prevention and advocacy to Spartanburg and Union counties
 - Provides STD and HIV testing
- RX Assist**
 - Provides resources offering free medications to people who cannot afford to buy their medicine
 - *Website:* RXAssist.org
- South Carolina Department of Social Services(864) 596-3001**
 - N. Limestone St., Gaffney (local Office)
 - Child Protective, Adult protective, and government assistance
 - *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**
Text “help” to 211211
- Welvista(803) 933-9103**
 - Mail order pharmacy for the uninsured
 - *Website:* Welvista.org
- Women Infants & Children (WIC)(864) 487-2705**
 - 400 S. Logan St., Gaffney (local office)
 - *Website:* WICPrograms.org

Emergency911

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

Cherokee County Commission on Alcohol and Drug Abuse (CCCADA)(864) 487-2721

- 201 West Montgomery St., Gaffney
- Provides adult and adolescent counseling and support services for substance use/abuse
- *Website:* CherokeeRecovery.com

Medasic(864) 334-7727

- 104 Willis St., Gaffney
- Provides comprehensive treatment services to assist individuals dealing with opiate addictions - Rehabilitation
- *Website:* Medasic.com

National Institute on Alcohol Abuse and Alcoholism

- The lead agency for U.S. research on Alcohol use disorders
- *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 substance use concern, fact sheets and information for friends, family members, parents, and youth on having a conversation about substance

Scared Stiff (Cherokee County Coroner’s Office)(864) 487-6225

- Scared Stiff presentations at the Cherokee County Department of Juvenile Justice. Call (864) 487-2564.
- Presentation shows teens real life consequences of using substances and driving distracted

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

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

SUBSTANCE ABUSE (CONT.)

RESIDENTIAL TREATMENT CENTERS (statewide)

GoForth Recovery(864) 586-5885

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

Palmetto Lowcountry Behavioral Health & Substance use.....(843) 747-5830

- Adult & adolescent (ages 12-17) programs; substance use programs
- *Website:* PalmettoBehavioralHealth.com

South Carolina Recovering Professional Program(803) 896-5700

- Substance use and dual-diagnosis programs for healthcare professionals
- *Website:* SCRPP.org

William J. McCord Adolescent Treatment Facility.....(803) 536-4900

- Adolescent alcohol and substance use programs
- *Website:* TCCADA.com

SUICIDE

Emergency911

Crisis Text Line.....Text “HOPE4SC” to 741741 or chat via website

- *Website:* CrisisTextLine.org

American Association of Suicidology (AAS)

- Promotes the understanding and prevention of suicide, and offers 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

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

Local Mobile Crisis(833) 364-2274

- 24/7/365 psychiatric assessment and response. The mobile unit will come to you if a crisis is determined. Otherwise they will provide a referral to your local mental health center for follow-up

SUICIDE (CONT.)

National Suicide Prevention Lifeline **988 (text or call)**
988 Suicide & Crisis Lifeline
 • Phone and online crisis support.
 • *Website:* 988Lifeline.org
Text “AYUDA” for Spanish Text
Text 838255 for Veterans
TTY: Dial 711, then 988

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

TeenLine **Text “TEEN” to 839863**
 • Mental health support and resources for young people. Hotline staffed with professionally trained teen counselors.



 @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.connectsyou.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



SUPPORT 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

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

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

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 is meeting in your area. These are peer-led support groups
- *Website:* DBSAlliance.org

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

Narcotics Anonymous

- *Website:* NA.org

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

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

Recovery International

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

SC Share(803) 739-5712

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

Schizophrenia and Psychosis Action Alliance(240) 423-9432

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

Trans Lifeline.....(877) 565-8860

- Trans peer support, run by and for trans people.
- *Website:* TransLifeline.org



RESOURCES BY NEED
TRANSPORTATION

Modivcare – Medicaid Medical Transport(866) 910-7684

- Transportation for medicaid recipients.
- *Website:* [Modivcare.com](https://www.modivcare.com)

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

- Rides to medical appointments.
- *Website:* [MYRHC.org](https://www.myrhc.org)

TREATMENT — INPATIENT

- Epworth Children’s Home(803) 748-2815**
 - Independent Living Center & Transitional Independent Living Program for at-risk young adults 18 & up
 - *Website:* EpworthChildrensHome.org

- Generations – Pathways(864) 243-5557**
 - Treatment for adolescent males with sexual behavior problems
 - *Website:* GenerationsGroup.com

- GoForth Recovery(864) 586-5885**
 - Men’s addiction recovery program and residential transitional living home for alcoholics and drug addicts
 - *Website:* GoForthRecovery.com

- Lighthouse Behavioral Health Hospital(843) 347-8871**
 - Adult & adolescent (12-17) programs
 - *Website:* LighthouseBehavioral.com

- Palmetto Lowcountry Behavioral Health & Substance Use(843) 747-5830**
 - Adult & adolescent substance use programs
 - *Website:* PalmettoBehavioralHealth.com

- South Carolina Recovering Professional Program(803) 896-5700**
 - Substance use and dual-diagnosis programs for healthcare professionals
 - *Website:* SCRPP.org

- Springbrook Autism Behavioral Health(864) 834-8013**
 - Programs for children and adolescents (age 5-21) with autism
 - *Website:* SpringbrookBehavioral.com

- Tapestry(828) 469-0479**
 - Adult & adolescent inpatient treatment for eating disorders
 - *Website:* TapestryRecovery.com

- Three Rivers Behavioral Health.....(803) 796-9911**
 - Adolescent (age 11-17), adult & senior programs
 - *Website:* ThreeRiversBehavioral.org

- William J. McCord Adolescent Treatment Facility.....(803) 536-4900**
 - Adolescent alcohol and substance use programs
 - *Website:* TCCADA.com

VETERANS AND VETERAN CAREGIVERS

- Alston Wilkes Veteran Home**.....(864) 345-1303
 - Case management and supportive services for homeless veterans
 - *Website:* AlstonWilkesSociety.org
- BootPrint (Greenville, SC)**(864) 520-1500
 - Veteran services
 - *Website:* BootPrint.net
- Cherokee County Veteran Affairs**(864) 487-2579
 110 Railroad Ave., Gaffney
 - *Website:* CherokeeCountySC.gov/veterans-affairs/
- Coaching into Care (VA)**(888) 823-7458
 - Resources for veteran caregivers
 - *Website:* Mirecc.VA.gov/coaching
- 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
- 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
- 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](https://www.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

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www.nimh.nih.gov

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Cherokee
Medical Center

A Division of Spartanburg Regional Healthcare System