Need to talk?
Need a quick referral for someone who needs to talk?

National Suicide Prevention Lifeline: Call 1-800-273-8255
Available 24 hours everyday

Red Nacional de Prevención del Suicidio: 1-888-628-9454
Available 24 hours everyday

NAMI Helpline: Call 1-800-940-6264
M – F 10:00 am – 6:00pm EST

Crisis Text Line: Text 741741

For an electronic version of this document with live links to these trusted websites listed below, please visit www.osymigrant.org/mentalhealth.

⇒ Substance Abuse and Mental Health Services Administration

There are 407 treatment facilities in South Carolina. Find treatment facilities confidentially and anonymously (enter an address, city, or zip code). Search by:

- Type of Care
- Service Settings
- Emergency Mental Health Services
- Facility Operation
- Payment / Insurance / Funding Accepted
- Payment Assistance Available
- Special Programs / Groups Offered
- Age Groups Accepted
- Language Services
- American Indian or Alaskan Native Languages
- Other Language

Eligible mental health treatment facilities include:

- Facilities that provide mental health treatment services and are funded by the state mental health agency (SMHA) or other state agency or department
- Mental health treatment facilities administered by the U.S. Department of Veterans Affairs
- Private for-profit and non-profit facilities that are licensed by a state agency to provide mental health treatment services, or that are accredited by a national treatment accreditation organization
⇒ South Carolina Department of Mental Health
Through a statewide network of community mental health centers, clinics, and hospitals, clinical staff provide a complete array of medical and support services for children, adults, and families throughout South Carolina. With the right treatment and support, we believe recovery is possible.

- **Search for mental health treatment** providers by county.
- For Spanish assistance, visit **En Español, la Asistencia**.

⇒ National Suicide Prevention Lifeline: 1-800-273-8255
[Live “chat” with Lifeline staff is an option.]
The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

⇒ Crisis Text Line: Text 741741
Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to communicate by text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. Their goal is to help texters move from hot moments to a cool calm. Sometimes that means making referrals to longer term or local resources.

- **Resource Handout about the Crisis Text Line**

⇒ NAMI/National Alliance on Mental Illness
NAMI is a nationwide advocacy group for individuals and families living with mental illnesses.

Call the NAMI Helpline: 800-940-6264 (Monday – Friday, 10:00am – 6:00pm EST)
Or, in a crisis? Text NAMI to 741741

- **South Carolina NAMI State Organization**
- Phone (800) 788-5131
- NAMI Affiliate Directory:
  - Affiliate contact information identified by county
  - 11 South Carolina affiliates
⇒ **Mental Health America**  
Mental Health America promotes mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care, services and supports for those who need it, with recovery as the goal.  
  
  o **South Carolina Affiliate Mental Health America**  
  There are eighteen (18) affiliates in South Carolina.

⇒ **Mental Health First Aid**  
This national web site has links to find a MHFA course near you. Mental Health First Aid teaches people how to identify, understand, and respond to signs of mental illnesses and substance use disorders in your community.

⇒ **Depression and Bipolar Support Alliance**  
DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. [DBSA has eleven (11) chapters/support groups in South Carolina.](#)

⇒ **Active Minds**  
Text “Brave” to 741-741 to reach the Crisis Text Line (free 24/7 support).  
Active Minds is changing the conversation about mental health impacting college students and mental health on 600 campuses, including 6 in South Carolina.

⇒ **Boys Town National Hotline**  
The Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).  
  
  ▪ Spanish-speaking counselors and translation services representing more than 140 languages are available, along with a TDD line (1-800-448-1833), that allows counselors to communicate with speech-impaired and hearing-impaired callers.