

COMMUNITY MENTAL HEALTH RESOURCES

This resource guide has been created for members of the larger Clemson community to offer encouragement and help for those who are struggling, as well as for their families and friends.

A HELPFUL APPROACH

The Mental Health First Aid Action Plan (ALGEE) is a step-by-step action plan to use when providing support to someone who may be experiencing a distressing situation, just as you would if you were administering first aid for a fall. The MHFA Action Plan has five steps, which can be used in any order.

- **APPROACH** assess for risk of suicide or harm, and assist.
- **LISTEN** nonjudgmentally.
- **GIVE** reassurance and information.
- **ENCOURAGE** appropriate professional help.
- **ENCOURAGE** self-help and other support strategies.

ADDICTIONS TO ALCOHOL OR DRUGS / SUBSTANCE USE DISORDER

Hotlines, support groups, and treatment services to help individuals engage in substance use disorders, improve mental health, and live productive lives:

- **Substance Abuse and Mental Health Services Administration**
24/7 Help Line 800-662-HELP (4357)
- **Alcoholic Anonymous**
National website for AA: www.aa.org/
Call 877-5448426 to find a local group.
- **FAVOR Upstate**
864-385-7757
www.favorupstate.org FAVOR Hotline 864-430-1802
- **American Addiction Centers**
24/7 Help Line 877-978-1577
www.drugabuse.com/alcohol/hotlines

ANXIETY

Local services of support, education, and advocacy for individuals dealing with mental health challenges and focusing on recovery:

- **National Alliance on Mental Illness (NAMI)**
NAMI Helpline: 800-273-8255
Anderson Oconee Pickens counties: www.namiaop.org/
- **Anderson Oconee Pickens Mental Health Centers**
www.aopmentalhealth.org/
Anderson MHC – 864-260-2220
Oconee MHC – 864-885-0157
Pickens MHC – 864-878-6830
After-hours calls roll over to a crisis line.
- **South Carolina Department of Mental Health**
www.sddmh.net/ 803-898-8581

EATING DISORDERS

Associations and counseling services to aid individuals and families affected by eating disorders, weight discrimination, and stigma:

- **National Eating Disorder Association**
www.nationaleatingdisorders.org/
24/7 Crisis Text Line: text “NEDA” to 741741
800-931-2237 | Mon – Thurs. 11AM – 9 PM / Friday 11AM -5PM
Text: 800-931-2237 | Mon – Thurs. 11AM – 9 PM / Friday 11AM -5PM
- **Food Addicts Anonymous (FAA)**
 - www.faacanhelp.org
 - 772-878-9657 • faawso@faacanehelp.org
- **Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.)**
www.feast-ed.org/ • 855-503-3278 • Email: info@feast-ed.org
- **Association for Size Diversity and Health (ASDAH)**
www.asdagh.org/
- **Reedy River Counseling Associates**
www.reedyrivercounseling.com/ • Phone/Text: 864-626-3696
Email: office@reedyrivercounseling.com (preferred method)

DEMENTIA AND ALZHEIMER'S

Comprehensive resources and information including the types of dementia, 10 early signs of Alzheimer's, symptoms and causes, and access to clinical trials:

- **Alzheimer's Association**
24/7 Helpline 800-272-3900 • www.alz.org/

DEPRESSION

National and local resources about depression, how depression affects different age groups, genders, treatment, and how to find a counselor to help individuals and families who are affected by depression:

- **National Institute of Mental Health**
www.nimh.nih.gov/ • 866-615-6464 • nimhinfo@nih.gov
- **National Alliance on Mental Illness (NAMI)**
Helpline: 800-273-8255 • Anderson Oconee Pickens counties: www.namiaop.org/
- **Postpartum Support International**
800-944-4773 • www.postpartum.net/

DOMESTIC VIOLENCE, SEXUAL ASSAULT, RAPE, CHILD ABUSE, HUMAN TRAFFICKING

Local and national resources for support, shelter, and treatment of persons experiencing physical abuse including domestic violence, sexual assault, child abuse, and human trafficking:

- **Safe Harbor Greenville, SC (domestic violence)**
Serves Greenville, Pickens, and Oconee counties.
24/7 Helpline: 800-291-2139 www.safeharborsc.org/
- **The Julie Valentine Center (sexual assault and child abuse)**
Serves Pickens County www.julievalentinecenter.org/
24/7 Hotline 864-467-3633
- **Rape, Abuse, and Incest National Network - RAINN (sexual assault, rape, incest)**
www.centers.rainn.org/
National Sexual Assault Hotline 800-656-4673
- **First Light SC www.firstlightsc.org/ (sexual assault, child abuse)**
for Anderson and Oconee counties
24/7 Crisis Hotline: 855-810-4882
- **National Human Trafficking Hotline (Human trafficking)**
www.humantraffickinghotline.org/en
888-373-7888 • Text: 233733 • TTY: 711+

GAMBLING ADDICTIONS

Organizations for resources and support for individuals and families affected by gambling:

- **NCPG | National Council on Problem Gambling (NCPG)**
www.ncpgambling.org/help-treatment 24/7 Helpline Call or
Text: 800-522-4700 SC Gambling Helpline: 877-452-5155
Chat: ncpgambling.org/chat • Support Forum: www.gamtalk.org
- **GA | Gamblers Anonymous**
www.gamblersanonymous.org/ga
S.C. Hotline Number: 919-460-9039
- **GAM-ANON**
www.gam-anon.org/ • 718-352-1671
Email: gamanonoffice@gamanon.org

GRIEF GROUPS

Groups that meet across Anderson, Central, Greenville, and Seneca:

- www.memorygardensclermson.com/grief-resources
- www.hospiceoftheupstate.com/bereavement-for-community/
- www.robinsonfuneralhomes.com/funeral-arrangements/aftercare-support-resources/

GRIEF RESOURCES

Online resources about grief for a variety of ages and issues:

- **Grief and Loss: Johns Hopkins Medicine**
www.hopkinsmedicine.org/health/caregiving/grief-and-loss
- **Grief – American Psychological Association**
www.apa.org/topics/grief
- **Hospice Foundation of America - Grief Resources**
www.hospicefoundation.org/Grief-(1)
- **Grief Resources & Support for Families | Good Grief**
www.good-grief.org/resources/
- **Helping Children Deal with Grief**
www.gottman.com/blog/helping-children-deal-with-grief/
- **Helping Grieving Children and Teenagers | Cancer.Net**
www.cancer.net/coping-with-cancer

SUICIDE - Hotlines for immediate assistance, some population-specific:

- **988 Suicide & Crisis Lifeline:** Call or text 988 or chat 988lifeline.org
- **Veterans Crisis Line:** Call 988 then Press 1 or Text 838255
- **Crisis Text Line:** Text "HOME" to 741741
- **LGBT National Hotline:** 888-843-4564
- **Mobile Crisis:** 833-DMH-CCRI (364-2274)
- **National Domestic Violence Hotline:** 800-799-7233
- **National Sexual Assault Hotline:** 800-656-4673
- **SC HOPES Mental Health:** 844-SC-HOPES (724-6737)
- **SAMHSA's Disaster Helpline:** 800-985-5990
- **Spanish Language National Suicide Prevention:** 888-628-9454
- **Trans Lifeline:** 877-565-8860
- **The Trevor Project Lifeline:** 866-488-7386 or Text "START" to 678678
- **TTY Hearing & Speech Impaired Suicide Hotline:** 800-799-4889 • 711, then 988

Online self-check for suicide and agencies with support resources for suicide prevention and survivors:

- **American Foundation for Suicide Prevention (AFSP)**
www.afsp.org/ or 888-333-AFSP (2377)
- **Hope Connects You**
Take the Self-check Questionnaire, Receive feedback and support from a program counselor, and Exchange messages with the counselor.
www.hope.connectsyou.org/welcome.cfm
- **National Hopeline Network:** 800-SUICIDE (784-2433)
- **Suicide Prevention, Awareness and Support:** www.suicide.org
- **Poison Control:** 800-222-1222

ONGOING OPPORTUNITIES

- **Mobile Crisis Hotline** A program staffed by trained master's-level clinicians who provide adults and children with clinical screening in person, at the place of the crisis, at the local mental health center, or over the telephone. Hotline number: 833-364-2274.
- **Alcoholics Anonymous (AA)** meetings at Fort Hill Presbyterian Church (864-654-2061) on Sundays, Tuesdays, and Thursdays at 8 PM and Fridays at 12:30 PM. Groups meet on the second floor of the Educational Building. Enter through the courtyard door with an AA sign.
- **National Alliance on Mental Illness (NAMI)** meetings at Fort Hill Presbyterian Church (864-654-2061) Offered 8 weeks in Spring and Fall from 2:30--5:00 PM on Sundays. Contact Michelle Ready for more information at michelleready@hotmail.com
- **Grief Groups** The following groups meet across Anderson, Central, Greenville, and Seneca communities:

www.memorygardensclermson.com/grief-resources

www.hospiceoftheupstate.com/bereavement-for-community/

www.robinsonfuneralhomes.com/funeral-arrangements/aftercare-support-resources/

COUNSELORS IN THE UPSTATE

Online directories to find physicians/psychiatrists and therapists or psychologists that you may contact for help:

- **Find Therapists and Psychologists in Clemson, SC**
Psychology Today: www.psychologytoday.com/us
- **Carolina Center for Behavioral Health Resource Directory**
www.thecarolinacenter.com/community-resource-direcytory/
- **American Psychological Association Psychologist**
www.locator.apa.org/
- **American Association of Marriage and Family Therapists Locator**
www.therapistlocator.net/
- **Pride Counseling Professional Therapy for the LGBTQ Community**
www.pridecounseling.com/
- **Inclusive Therapists Directory:** Culturally Responsive Mental Health Therapy for BIPOC & LGBTQ www.inclusivetherapist.com

This document has been compiled for the community at large by the Mental Health Committee of Fort Hill Presbyterian Church.



101 Edgewood Avenue • Clemson, SC 29631 864-654-2061 •
www.forthillchurch.org