



UNIVERSITY OF South Carolina

Student Mental Health Resources

Importance of Mental Health

Your emotional and mental health is as important as your physical health. If at any point during the semester you feel overwhelmed with your course work, feel thoughts of depression or suicide, experience sexual assault or rape, have problems with substance abuse or relationship abuse, or have any other struggles with your mental health, **please seek help!** Never feel ashamed about asking for help. The **Center for Health & Well-Being** at the University of South Carolina is a resource offering assistance with any mental health issues that you might have. Be aware that some resources may be private but not confidential, i.e. issues will be kept private but that federal law may mandate reporting to appropriate individuals. If you are unsure if the resources you are accessing will be confidential, you need only ask.

There are also a number of resources available to you at the University of South Carolina for academic related issues: Student Success Center, Center for Health & Well-Being, Substance Abuse Prevention and Education, Writing Center, etc. Please, consult with the Student Services Office and the University of South Carolina webpage about the resources available to you. There is **never** any shame in seeking help. If you or someone you know is struggling with any of these issues, speak out! You may also **report any issues** you observe to the university, https://cm.maxient.com/reportingform.php?UnivofSouthCarolina&layout_id=3.

University of South Carolina (Columbia)

Center for Health & Well-Being: The Center for Health & Well-Being supports the well-being of university students. They help to meet the emotional, mental, and physical needs of students—focusing on holistic wellness. You can find them at the Center for Health & Well-Being (8:00am–5:00pm), 803.777.3175, or contact at https://sc.edu/about/offices_and_divisions/student-health-well-being/about/contact.php. Use **MyHealthSpace** for most appointments. The trained staff provides essential therapy and emotional wellness services for all USC students. For appointments, call 803.777.5223 or login to **MyHealthSpace**. The 24-hour interpersonal violence support can be reached at 803.777.8248 and the 24-hour mental support number is 833.664.2854.

Thrive@Carolina: Thrive@Carolina provides a 24/7/365 support line, access to other counseling and assistance, free and anonymous mental health screening, and assisting recognizing signs of psychological distress to help a friend in need, etc. Simply call 833.664.2854. There are also other access options, see https://sc.edu/about/offices_and_divisions/student-health-well-being/mental-health/24_hour_online_support/index.php.

Food & Monetary Assistance: For students with food insecurity, USC offers **Swipe Out Hunger**, https://sc.edu/about/offices_and_divisions/student_affairs/student-services/health_and_well-being/student_care_and_outreach_team/resources_for_students/swipe_out_hunger.php and **Garnet Bites**, https://sc.edu/about/offices_and_divisions/provost/faculty/garnet-bites/. To temporarily support students with sudden financial issues, USC has the **Carolina Cares Fund**, https://www.sc.edu/about/offices_and_divisions/student_affairs/student-services/dean_of_students/carolina_cares/index.php, and the **Emergency Loan Program**, https://sc.edu/about/offices_and_divisions/student_success_center/money-smart/emergency_loan_program.php.

Substance Abuse Prevention and Education: Substance Abuse Prevention and Education helps support students with prevention, cessation, and abstinence from substances, e.g. alcohol, cannabis, etc. They can be found at Strom Thurmond Wellness & Fitness Center, 3rd floor, or call/email 803.777.3933, sape@sc.edu. You can also find the **Gamecock Recovery Lounge** at Carolina Coliseum 4001, or call/email 803.777.5781, gamecockrecovery@sc.edu.

Campus Safety and Wellness: If you are concerned about a student's welfare, especially immediate welfare, please call 803.777.4215, or in case of an emergency dial 911. More information about campus safety, wellness, resources, and officer contact information can be found at <https://sc.edu/safety/>.

LGBT[QIA]+ Resources: If you or someone you know is having issues with gender or sexual identity, the **Center for Student Engagement**, https://www.sc.edu/about/offices_and_divisions/student-engagement/, *might* be of assistance. Visit the Center for Student Engagement in the Russell House West Wing Suite 115, or call/email 803-777-7716, saomsa@mailbox.sc.edu.

Student Disability Resource Center: The Student Disability Resource Center empowers students with disabilities and coordinates with university staff to ensure equal access to education and university life. Their offices are 1705 College Street, Close-Hipp, Suite 102, or call/email 803.777.6142, sadrc@mailbox.sc.edu.

Campus Spiritual and Religious Life: There is a diverse offering of services and opportunities for students across faiths, spiritualities, and religions. For a list of resources, see https://sc.edu/about/offices_and_divisions/student_affairs/student-services/student_life/spiritual_religious_life or contact the Division of Student Affairs and Academic Support, Thomson Building, 1409 Devine St., or call/email 803.777.4172, saas@mailbox.sc.edu.

Other Resources

Should you not want to use the resources at the University of South Carolina, there are a variety of other options available to you.

Local Mental Health Services: There are a number of local mental health services available:

Richland County Emergency Services 803.576.3400

Columbia Area Mental Health Center: 803.898.8888 (8:30am – 5:00pm, see below)

Community Crisis Response and Intervention (CCRI) : 803.898.8888 (after hours)

South Carolina Department Mental Health Mobile Crisis: 803.364.2274 (Statewide)

South Carolina Department Mental Health Mobile Crisis: 803.364.2274 (Richland County)

Food/Resource Insecurity: If you are dealing with needs based issues, such as food insecurity, there are local resources that may be available to you. For more information or to learn how to donate or volunteer, visit <https://www.harvesthope.org/>.

There are also a number of hotline numbers you can access:

National Suicide Prevention Hotline: 988 (Call or Text)

Trevor LGBT Suicide Hotline: 1.866.488.7386

Trans Lifeline Suicide Hotline: 1.877.565.8860

Rape, Sexual Assault, Abuse and Incest National Network (RAINN) 1.800.656.4673

National Domestic Violence Hotline: 1.800.799.7233

Veteran's Crisis Line: 1.800.273.8255

Gay and Lesbian National Hotline: 1.888.843.4564

Substance and Mental Health Services Administration (SAMHSA): 1.800.662.4357

National Alliance on Mental Health Illness (NAMI): 1.800.950.6264

American Cancer Society: 1.800.227.2345

CDC National HIV/AIDS/Hep/STD Hotline: 1.800.232.4636

National Maternal Mental Health Hotline: 1.833.852.6262

Eating Disorder Hotline: 1.866.662.1235

Sex Addicts Anonymous: 1.713.869.4902

Compulsive Gambling Hotline: 1.800.522.4700