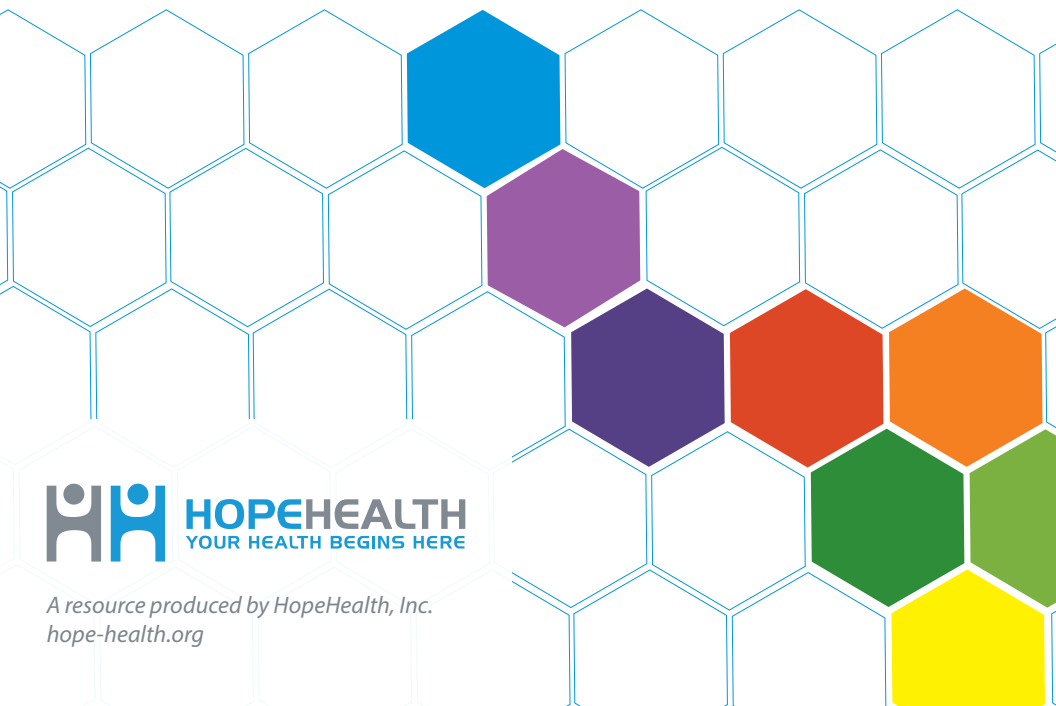


Your Path to Wellness

A Resource Guide for South Carolina



A resource produced by HopeHealth, Inc.
hope-health.org

Wellness Stepping Stones

Where are you on the path to wellness?

EMOTIONAL

- Keep a daily routine
- Look for areas where you can grow
- Be open to acknowledging your feelings
- Focus on gratitude
- Share your emotions with people you trust
- Focus on being present in each moment

SOCIAL

- Schedule quality time with friends and family
- Be open to meeting new people
- Know your social limits – it's okay to say "no" sometimes
- Cut down on screen time
- Surround yourself with encouraging people

INTELLECTUAL

- Know your hobbies and interests
- Ask yourself what you would like to learn more about
- Find time to be creative or learn a new skill
- Read a book
- Catch up on current events
- Play brain games



SPIRITUAL

- Set an intention for each day
- Identify and explore your personal beliefs and values
- Connect with people in your community who share your beliefs and values
- Find time to reflect
- Keep a journal
- Begin to notice and appreciate the beauty in your day

ENVIRONMENTAL

- Spend time outside enjoying nature
- Cut down on clutter
- Schedule time to clean your home and workspace
- Make your living space comfortable and enjoyable. Introduce colors, artwork, music, scents, or other elements that appeal to your senses

PHYSICAL

- Try to add more activity into your day – even a short walk makes a big difference
- Add more fresh, healthy food into your diet
- Aim for 7-8 hours of sleep every night
- Seek medical care when your body needs it
- Allow time each day for stretching
- Stay hydrated by drinking plenty of water

Bumps in the Road

Common warning signs of behavioral health difficulties in adults

- Excessive worry or fear that is hard to control
- Feelings of sadness (or being down) that don't seem to lift
- Problems concentrating or making decisions
- Feeling hopeless, as if nothing is going to work out
- Avoiding friends and social activities
- No longer enjoying the things you used to like
- Extreme mood changes
- Strong feelings of anger or irritability
- Suicidal thoughts or thinking you would be better off dead
- Changes in sleeping habits or energy levels
- Changes in appetite, eating habits, or weight
- Changes in sex drive
- Misuse of substances like alcohol, drugs, or prescription medications
- Problems handling daily activities or stress



LEARN THE WARNING SIGNS OF POOR MENTAL HEALTH.

Be on the lookout for times when you or someone you know may need help.

Feel like you're off track?
How to Get Help

TRY THESE COPING TOOLS



- Be mindful, or pay attention “on purpose”
- Use affirmations, or positive “I am...” statements
- Practice deep, slow breathing
- Listen to relaxing music
- Keep track of your emotions
- Try to identify triggers
- Keep a journal of thoughts and feelings



TAKE THE NEXT STEP



- Talk to a friend
- Speak with a pastor, teacher, co-worker, mentor, or neighbor
- Talk to your health care provider
- Seek out behavioral health services

HOW TO ASK FOR HELP

It can be difficult to let others know you need help. Try these statements to get started.

“For the past ____, I have been feeling _____.”

“I have been struggling with _____.”

“Telling you this makes me feel _____, but I’m telling you because _____.”

CRISIS RESOURCES (24/7)

SC Mobile Crisis: 833-364-2274

Suicide & Crisis Lifeline:

Call or text 988 or chat online at 988lifeline.org

Crisis Text Line:

Text HELP to 741741, chat online at crisistextline.org

Emergency Services:

Call 911 or go to nearest emergency department

For More Services: Please see the “In A Crisis” section located on the back cover

VETERANS AND SERVICE MEMBERS

Did you know that 20 Veterans die by suicide each day? Here are some tools for military personnel, veterans, and their families to seek help.

Veterans Crisis Line:

- Dial 988, press 1
- Text 838255
- VeteransCrisisLine.net/Chat

Hotline for Local Veterans and Family Members:

888-449-4376 (888-4HW-HERO)

Confidential Services for Women Who Experienced Military Sexual Trauma:

855-VA-WOMEN (855-829-6636)

Military OneSource Information, Resources, and Support:

800-342-9647 or militaryonesource.mil

Operation Reach Out: A smart phone app for suicide prevention in military personnel and veterans

DoD Safe Helpline:

877-995-5247, chat at online.safehelpline.org

Many more wellness apps are available. Find one that suits you best

MOBILE APPS

SMILING MIND Modern meditation for all ages

CALM Meditation for anxiety and sleep problems

HEADSPACE An everyday mental health and wellness app

SUBSTANCE MISUSE

How to know if it might be an addiction:

- Loss of control
- Being unable to cut down or using more than intended
- Continued use despite negative consequences
- Tolerance, or needing more to get the same effect
- Withdrawal symptoms
- Unable to stop

National Help Line through SAMHSA:

1-800-662-4357 (800-662-HELP)

TTY: 1-800-487-4889 or text your ZIP code to HELP4U (435748)

SC Dept of Alcohol and Other Drug Abuse Services:

803-896-5555 or daodas.sc.gov

Locate Treatment Services in SC:

888-SC-Prevents (888-727-7383)

Twelve-Step Programs and Support:

- Alcoholics Anonymous: aa.org
- Al-Anon and Alateen: al-anon.org
- Narcotics Anonymous: na.org

More information at startyourrecovery.org

WHATSUP? Innovative app for improving thoughts and feelings associated with a range of challenges

MOODTOOLS Strategies and support for combating depression

MINDSHIFT A CBT-based app for targeting anxiety

On your way to wellness...

Wellness for Children and Teens

Children and teens may have different **warning signs**.
Look for these indicators of behavioral health difficulties.

SIGNS IN CHILDREN

- Fighting to delay bedtime
- Hyperactive behavior
- Frequent nightmares
- Difficulty paying attention or focusing
- Frequent disobedience or aggression
- Frequent temper tantrums
- Changes in school or activities
- Sudden increase in fears or worries

SIGNS IN TEENS

- Changes in grades
- Disinterest in friends
- Abnormal irritability
- Trying to stay home from school
- New onset of guilt
- Changes in appetite
- Thoughts or talk of suicide

???

Children and teens may find it difficult to understand or explain their thoughts and feelings.

WHAT TO DO

if you notice these signs in your child or teen:

- Don't wait - It's never too early to get a behavioral health check-up for children and teens.
- Consult with a counselor, clinical social worker, psychologist, or health care provider.
- There also may be help available at your child's school or in the school district office.
- Be available and ready to listen to your child. Avoid asking too many questions. Focus on observing and listening.

RESOURCES FOR TEENS

THE TEENTALK HOTLINE

Visit teenline.org, text TEEN to 839863 (9 p.m. – midnight ET), call 800-TLC-TEEN (800-852-8336) (9 p.m. – 1 a.m. ET), or download the Teen Talk mobile app.

SUICIDE & CRISIS LIFELINE

Call or text 988 or chat online at 988lifeline.org

CRISIS TEXT LINE

Text HELP to 741741, chat online at crisistextline.org, or message 443-SUPPORT in WhatsApp

SC MOBILE CRISIS

833-364-2274 (833-DMH-CCRI)

THE TREVOR PROJECT

LGBTQ+ or questioning youth can seek support 24/7: Call 866-488-7386, text HELP to 678-678, or chat online at chat.trvr.org



Social Media Wellness Guidelines

WHY LIMIT SOCIAL MEDIA?

- Using social media (e.g., Facebook, X, Instagram, SnapChat) can actually lead to feelings of social isolation
- Social media has been linked to poor self-image
- Too much time on social media can also cause eye strain, neck pain, and lower back problems
- Social media can have a harmful effect on sleep, especially when it is accessed at bedtime

Abuse, Neglect and Domestic Violence

ALWAYS CALL 911 IN AN EMERGENCY

CHILD ABUSE AND NEGLECT

Report all suspected child abuse to the SC Department of Social Services. For your local DSS office go to dss.sc.gov/contact or call the SC Child Abuse Hotline at 1-888-CARE4US or 1-888-227-3487
Find a Child Advocacy Center near you: cac-sc.org or call (803) 576-7250

DOMESTIC ABUSE AND INTIMATE PARTNER VIOLENCE

Find a local SCCADVASA office at sccadvasa.org/get-help/ or call: 803-256-2900
National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Sexual Assault Hotline: 1-800-656-HOPE (4673)

ELDER ABUSE AND ABUSE OF VULNERABLE ADULTS

Call the SC Abuse Hotline at 1-888-CARE4US or 1-888-227-3487 to report abuse.
Call the National Center on Elder Abuse at 855-500-3537 for information.
Find your local Agency on Aging at 803-734-9900

Autism and Other Developmental Disorders

Consult a pediatrician, school counselor, professional counselor, clinical social worker, or psychologist about concerns or delays in development. Don't hesitate to request a screening or evaluation.

If under age 3, the child may be eligible for free BabyNet services. Anyone can make a referral or request BabyNet by calling 866-512-8881 or by going online to babynet.scdhhs.gov.

The SC Department of Disabilities and Special Needs assists individuals and families with special needs. Call 803-898-9600 or go online to ddsn.sc.gov.



Behavioral Health Resources

SC DEPARTMENT OF MENTAL HEALTH (DMH) OFFICES

DMH offers psychiatric care, counseling services, and case management, as well as programs to help individuals live fuller lives. They have offices across the state.

- Pee Dee Mental Health: 843-317-4073, peedeementalhealth.org
- Waccamaw Mental Health: 843-347-4888, waccamawmentalhealth.org
- Santee-Wateree Sumter Clinic: 803-775-9364, Clarendon Clinic: 803-435-2124, santeewatereecmhc.org
- To find an office near you, go online to scdmh.net or peedeementalhealth.org

COMMUNITY HEALTH CENTERS

These are health centers that offer integrated medical care and behavioral health services, as well as specialty mental health care. They have offices in a number of locations:

- HopeHealth: 843-667-9414, hope-health.org (Florence, Williamsburg, Clarendon, Orangeburg, and Aiken counties)
- CareSouth Carolina: 843-332-3422, caresouth-carolina.com (Darlington, Chesterfield, Dillon, Marlboro, and Lee counties)
- To find one near you, go to findahealthcenter.hrsa.gov

SC DEPARTMENT OF ALCOHOL AND OTHER DRUG ABUSE SERVICES

This agency provides assessment and treatment services for addiction. There are a variety of programs and services available.

- To locate an office near you: 803-896-5555, daodas.sc.gov
- Go online to JustPlainKillers.com for information and help with opioids

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)

NAMI supports persons with mental illness as well as their families. To find your local NAMI, call 800-950-NAMI (6264) or go online to nami.org.

IN A CRISIS:

- SC Mobile Crisis is a crisis response service for mental health concerns:
Call 833-DMH-CCRI (833-364-2274)
- Suicide & Crisis Lifeline: **Call or text HELP to 988 or chat at 988lifeline.org**
- Crisis Text Line: **Text HELP to 741741, message 443-SUPPORT in WhatsApp, or chat online at crisistextline.org**
- Rape, Abuse, & Incest National Network (RAINN): **Call 800-656-4673 or chat online at online.rainn.org**
- Hidden Wounds Hotline for Veterans and Family Members:
Call 888-4HW-HERO (888-449-4376)
- TrevorLifeline for LGBTQ+ Youth: **Call 866-488-7386, text HELP to 678-678, or chat online at chat.trvr.org**
- If there is immediate danger, dial **911** or go to the nearest emergency room