

Parent Resources for Mental Health/Wellness



Help Your Child Manage Anxiety with 4 Strategies

Hotline Numbers



- Call 211
- National Suicide Prevention Lifeline: 1-800-273-8255
- The Trevor Lifeline for LGBTQ+ Youth: 1-866-488-7386
- The Trans Lifeline: 1-877-565-8860
- National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI or text "NAMI" to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)

Community Resources



- Mobile Crisis: 843-414-2350
- Department of Mental Health Centers: 843-414-2350
- Substance Abuse and Addiction Services Charleston County (The Charleston Center): 843-722-0100
- Palmetto Behavioral Health: 843-747-5830
- Medical University of South Carolina Institute of Psychiatry (MUSC-IOP): 843-792-9888
- Institute of Psychiatry outpatient appointments (MUSC-IOP): 843-792-9162
- National Alliance on Mental Illness (NAMI): 843-571-1832
- Depression Bipolar Support Alliance (DBSA) Peer run support groups: 843-569-7563
- Dee Norton Lowcountry Children's Center: 843-723-3600
- Winwood Family Services: 843-884-0025

+ ADDITIONAL RESOURCES

<https://teencentral.com/help/>

<https://childmind.org/resources/>

<https://sc211.org/index.php/mental>

<https://www.parentteenconnect.org/>

<https://mentalhealthliteracy.org/parents/>