

MENTAL HEALTH MATTERS  
TAKE CARE OF YOU  
TAKE CARE OF ONE ANOTHER



CCSD Virtual Calming Room

<https://sites.google.com/charleston.k12.sc.us/ccsdvirtualcalmingroom/home>

**Seeking Therapeutic support:**

[What is Psychotherapy?](#)

**Charleston Department of Mental Health:** (843) 852-4100

Call JICHS School Counseling Office/Any JI School Counselor to talk about Mental Health Referral on campus: (843) 762-8356

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

[PsychologyToday.com Find a Therapist search tool](#) (Narrow by insurance, location, topics, gender, specialty, faith, etc)

South Carolina Statewide Mobile Crisis Team: (833)-364-2274

National Alliance on Mental Health Charleston (NAMI): (843) 284-3091

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

MUSC: 843-792-4930

<https://musckids.org/our-services/child-and-adolescent-psychiatry>

Palmetto Behavioral Health: 843-747-5830

<https://palmettobehavioralhealth.com/>

## **Suicide**

[Suicide Warning Signs](#)

[Safety Plan](#)

[Surviving Suicide Loss](#): Resource and Healing Guide. This comprehensive guide from American Foundation for Suicide Prevention serves as an empathetic and supportive resource for those who have experienced suicide loss. The guide can also serve as an important resource for providers to inform their work with those impacted by suicide loss.

Department of Mental Health Mobile Crisis: 843-414-2350 Call 24 hours 7 days a week for emergencies

Crisis Text Line: 988 or [988 lifeline.org](https://988lifeline.org) or 741741

Suicide Hotline: call or text 988 or chat [988 lifeline.org](https://988lifeline.org)

Youthline: Text teen2teen to 839863 or call 1-877-968-8491

**Immediate Emergency:** Call 911 or go to your nearest Emergency Room

## **Conflict Resolution, Relationships, & Anger Management**

[Anger Management Skills](#)

[Fair Fighting Rules](#)

[Types of Abuse](#)

[How to Apologize](#)

[What is Abuse](#)

[Setting Boundaries](#)

[Gaslighting Warning Signs](#)

[Relationship Green Flags](#)

[Love Languages](#)

[Relationship Conflict Resolution](#)

## **ADHD**

[What is ADHD](#)

[ADHD Interventions for Parents](#)

[Managing ADHD](#)

[Tips for Managing ADHD](#)

[ADHD Focus Plan](#)

[Time Management Tips](#)

[Study Tips](#)

## **Self-Care**

[Self-Care Assessment](#)

[Mental Health Exercise Benefits](#)

[Self-Care Tips](#)

[What is Mindfulness?](#)

[Mindfulness Exercises](#)

[Leaves on a Stream Mindfulness Exercise](#)

[Sleep Hygiene](#)

[Stress Management Tips](#)

## **Mood Disorders & Grief**

[What is Depression?](#)

[What is Bipolar?](#)

[What is Trauma?](#)

[What is Anxiety?](#)

[What are Panic Attacks?](#)

[Supporting Someone with Depression](#)

[Relaxation Techniques](#)

[Coping Skills for Anxiety](#)

[Grounding Techniques](#)

[Childhood Grief Guidelines](#)

[Grief Fact Sheet](#)

## **Substance Use**

[What is Addiction?](#)

[Addiction Discussion Questions](#)

[Tips for Avoiding Relapse](#)

[Relapse Prevention Plan](#)

[Substance Use Assessment](#)

[Triggers](#)

[Coping Skills for Addictions](#)

### **Support for Alcohol and/or Substance Abuse:**

SAMHSA National Helpline: 1-800-662-4357

Charleston Center: (843) 722-0100 (24 hours 7 days a week Helpline)

<https://charlestoncounty.org/departments/charleston-center/>

## **LGBTQ+ hotlines**

The Trevor Project: 1-866-488-7386 or text START to 678678

Trans Lifeline: 1-877-565-8860

LGBT National Hotline: 1-888-843-4564

LGBT National Youth Talkline: 1-800-246-7743

[LGBTQ Glossary](#)

[We Are Family's Mental Health Assistance Program](#): a program that provides free mental health services for LGBTQI+ youth and connects them with LGBTQI+ affirming therapists.

[Guide for LGBTQ Youth](#): This guide from HRC and the Child Mind Institute offers specific tips for LGBTQ youth about the importance of mental health, how to help a friend struggling with mental health issues, and how to find an LGBTQ-affirmative therapist.

[Family Behaviors that Increase Your LGBTQ+ Child's Health and Well-Being](#)

[Family Behaviors that Increase your LGBTQ+ Child's Risk for Serious Health and Mental Health Problems](#)