



If you or someone you know needs help, we're here for you:

SCDMH CRISIS RESOURCES

- **SC Mobile Crisis** – Mobile Crisis is for anyone experiencing a mental health crisis. Local Mobile Crisis Teams assess the crisis and can respond on-site, with law enforcement, if appropriate. SC Mobile Crisis is available 24/7/365, toll-free, statewide, at (833) 364-2274.
- **SCDMH Deaf Services Hotline** – This line is dedicated to folks who are deaf or hard of hearing and in crisis or in need of resources. It is also available to contact for hospital consultation, telepsychiatry interpreter requests, and mental health center referrals. The Deaf Services Hotline is available 24/7, statewide, at (803) 339-3339 (VP) or deafhotline@scdmh.org.

NON-SCDMH CRISIS RESOURCES

- **Crisis Text Line** – The Crisis Text Line is a nationwide resource for anyone in need of crisis assistance but who is not able or ready to call into a resource line. South Carolina has its own code for the line. South Carolinians can reach the Crisis Text Line 24/7, toll-free, by texting HOPE4SC to 741741 (Español: “AYUDA” to 741-741). Texts to this line do not use your data or show up on your phone bill.
- **988 (Suicide Prevention Lifeline)** – This line is for anyone in need of crisis help. The Lifeline is available 24/7, toll-free, nationwide, by calling or texting 988 (Veterans, select 1).
 - To chat with 988, visit <https://988lifeline.org/chat/>.
 - The former Lifeline number will remain active going forward: (800) 273-TALK (8255).

SCDMH MENTAL HEALTH & SUPPORT RESOURCES

- **SC-HOPES** – This support line is for all South Carolinians impacted by COVID-19 or any other associated stressors. Anyone can call this line to be linked to resources for mental health or substance use treatment or other needs. SC-HOPES is available 24/7, toll-free, at (844) SC-HOPES (724-6737).
- **Tu Apoyo** – This line is a Spanish-language companion line for SC-HOPES. Tu Apoyo is available from 9:30 a.m. to 8:00 p.m. daily, toll-free, at (833) TU-APOYO (882-7696).
- **Online Mental Health Screener** – this is a safe, easy, and free service that allows users to anonymously take a Self-Check Questionnaire and connect with a professional counselor who can offer guidance, support, and resources to help connect them with mental health and addiction services. The screener is at <https://hope.connectsyou.org/>.
- **Your local mental health center – SCDMH operates** 16 centers (with associated clinics) serve children, adolescents, adults, and families. Accepting new patients and serving all counties statewide. Secure telephone and video appointments are available in addition to in-person visits – please inquire to learn more. To find the location nearest you to learn more, visit www.scdmh.net or call (803) 898-8581.