

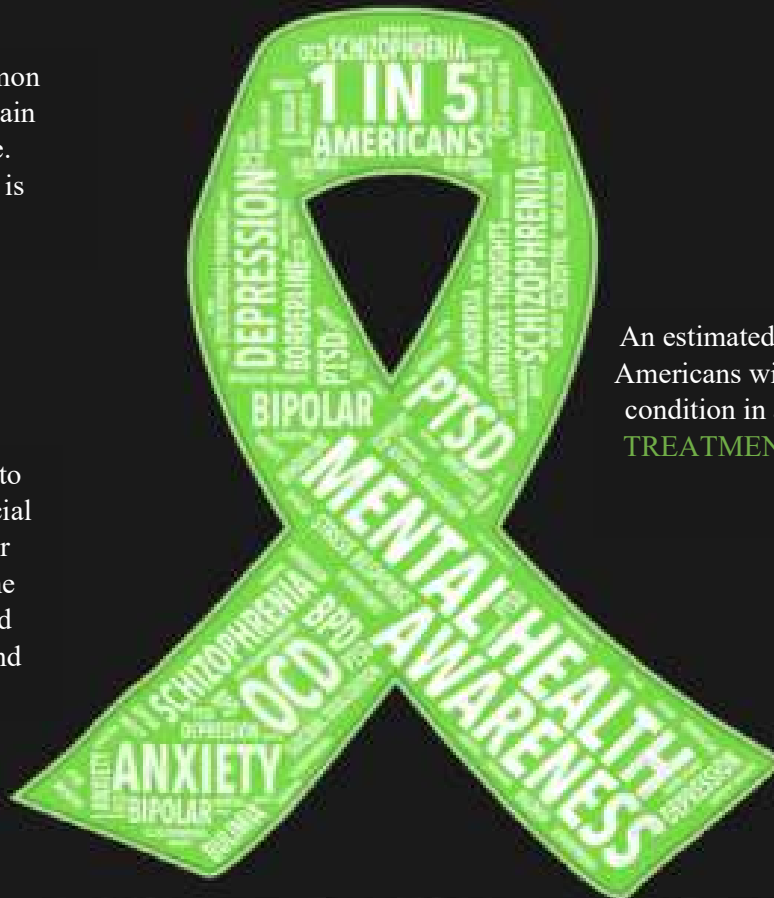
The Beckman Center for Mental Health Services

Abbeville • Edgefield • Greenwood • Laurens • McCormick • Newberry • Saluda

“Empowering People to Live Healthy and Fulfilled Lives”

DEPRESSION is the most common mental disorder and one of the main causes of disability world-wide. Depression is treatable and help is available.

ANXIETY is a normal reaction to stress and can actually be beneficial in some situations; however, for some people anxiety can become excessive leading to distress and suffering. Anxiety is treatable and help is available.



An estimated 1 in 5 adults or roughly 43 million Americans will have a diagnosable mental health condition in any given year. Prevention Works, **TREATMENT IS EFFECTIVE AND PEOPLE RECOVER.**

YOU ARE NOT ALONE
no more stigma

WWW.BECKMANCENTER.COM

Suicide Prevention Lifeline Phone # 1-800-273-8255

Text to Talk: 741741

<https://www.ffcmh.org/cmha-activities-for-youth>

www.themoodsters.com

Federations of Families of SC Toll Free 866.779.0402 • www.fedfamsc.org • www.facebook.com/FederationSC

