



If you or someone you know needs help, **YOU ARE NOT ALONE.**

### 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](mailto:deafhotline@scdmh.org).

### NON-SCDMH CRISIS RESOURCES

- **988 (National Suicide & Crisis 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, press 1 or text 838255.
  - To chat with 988, visit [988lifeline.org](https://988lifeline.org) and click “Chat”.
  - Español: [988lifeline.org](https://988lifeline.org) y haga clic “En Español”.
  - For American Sign Language, visit [988lifeline.org](https://988lifeline.org) and click “For Deaf & Hard of Hearing.”
- **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. Texts to this line do not use your data or show up on your phone bill. South Carolina has its own code for the line.
  - Reach the Crisis Text Line 24/7, toll-free, by texting “HOPE4SC” to 741741.
  - Español: “AYUDA” to 741741.

### SCDMH MENTAL HEALTH & SUPPORT RESOURCES

- **Online Adult Mental Health Screener** – this is a safe, easy, and free service that allows users 18 years and older 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 substance use disorder services. The screener is at <https://hope.connectsyou.org/>.
- **Online Kids’ Mental Health Screener** – this safe and convenient free service allows parents and guardians to anonymously take a self-check questionnaire on behalf of their child and connect with a caring professional, who will provide guidance, support, and resources to help them access mental and behavioral health services for youth. The screener is at <https://hope.connectssckids.org/>.
- **Hopeful Minds** – this free, confidential, 24/7, online platform brings together expert rated and vetted videos, podcasts, apps, online programs, books, and articles in one easy to use place. Visit Hopeful Minds to learn new skills, understand your own mental health, take an assessment, and browse a library of thousands of mental wellbeing resources: <http://hopefulminds.crediblemind.com/>.
- **Your local mental health center** – SCDMH operates 16 centers (with associated clinics) serving 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](http://www.scdmh.net) or call (803) 898-8581.