



MENTAL HEALTH MATTERS

at the University of South Carolina



Student Health Services
University of South Carolina

An Accredited Patient-Centered Medical Home

MENTAL HEALTH MATTERS

Your college experience is a journey for growth, learning and exploration. It provides an excellent opportunity to build a life of your own and get excited about the future. As college students you may be challenged by difficult situations and unexpected outcomes. It is not unusual to experience anxiety, depression and other uncomfortable feelings during your journey.

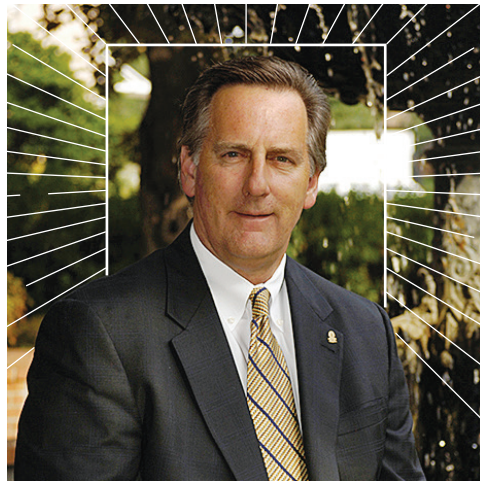
Some students may already have concerns about their mental health and perhaps have been diagnosed with a mental health disorder. Sometimes, the freedom of college can lead you to make choices that are not in the best interest of your overall well-being. Always remember, you are not alone. We can help you and most importantly you can help yourself. Seeking help is a sign of strength. Mental health illnesses are manageable and treatable, and people will recover and lead full and

productive lives.

University of South Carolina offers an array of mental health resources among our high quality, nationally accredited health care services. Our staff members provide individual and group counseling, prescribe and manage medications and teach strategies to enhance your mental well-being and self-care.

Our online programs help you identify concerns and connect you to resources across campus. Our holistic model ensures that you are cared for in a collaborative, coordinated environment.

Your well-being is a top priority for the University, and it requires your participation. Become familiar with the resources available to you. Seek help early, establish self-care strategies, look out for your friends, set realistic



Dennis Pruitt, Ph.D.
Vice President for Student Affairs
and Vice Provost

goals and surround yourself with a strong support group of friends and family. Together, we can maintain a resilient, healthy and vibrant Carolina community. Your Mental Health Matters at UofSC.

STUDENT HEALTH SERVICES' MODEL

With our Patient-Centered Medical Home approach to health care that promotes the integration of medical and mental health services, students have access to a variety of health care providers that work together providing the best care possible.

This model creates a collaborative environment and encourages students to build strong relationships with their providers to ensure their health concerns are addressed in a timely and holistic manner.

Counseling & Psychiatry has highly skilled professionals that understand the importance of integrated care and they utilize best practices each day to improve the mental well-being of our students. All of our services are confidential.



OUR MENTAL HEALTH SERVICES

Confidential Services

- **Individual Counseling** - students are treated on a one-on-one basis and common goals are established to improve mental well-being
- **Group Counseling** - students have an ideal opportunity to participate in a group to address concerns and learn skills to make positive changes
- **Triage** - students are evaluated based on their concerns and appropriate services are recommended
- **Walk-ins** - appointments are available during normal operating hours to assist students with urgent needs and concerns
- **Crisis Intervention** - faculty, staff and students may request consultation and intervention to assist with urgent mental health concerns
- **Online and Self-help Options** - many students can benefit from online options located on our website
- **After Hours 24/7 Crisis Line** - students, faculty, staff and parents may call 803-777-5223, at any time to speak with a licensed counselor
- **Psychiatry** - evaluations and medication management



Jordan Cooler, Pharm.D. is a clinical psychiatric pharmacist. Through a collaborative relationship with UofSC's College of Pharmacy, she assists the counseling and psychiatry team with medication consults and management, conducts ADD/ADHD groups and provides workshops to enhance the knowledge and use of mental health medications.

PREVENTIVE & SELF HELP SERVICES

For preventive care, Student Health Services has a mental health initiatives team that focuses on suicide prevention training, stress management consultations and programs such as meditation, pet a pup and events to promote mental health well-being.

Programs Include:

- Suicide prevention training
- Stress management consultations
- Resilience workshops
- C.A.L.M. Oasis meditation space
- Meditation courses
- Daily guided meditation
- Health Coaching
- Programming to promote mental health resources and stress management skills



ONLINE MENTAL HEALTH RESOURCES



Therapist Assisted Online (TAO)

Students can participate in online therapy. They can meet with a counselor via private, secure video or participate in completely self-directed educational modules designed to help manage mild, minor and/or periodic symptoms.



Online mental health screening (ISP)

Students fill out a simple, 10-minute stress and depression questionnaire, identifying themselves with only a user ID that they select. A campus counselor will personally respond to them with a variety of options that students can choose from to meet their needs for services and self-help.



Hear Me Out is a UofSC Student Health Services podcast hosted by students featuring stories of Gamecocks facing and conquering challenges. Find the podcast on SoundCloud.com and search **HearMeOut_UofSC**.



Kognito

Kognito is an evidence-based online program that teaches participants how to recognize signs of psychological distress in a fellow student and allows them to practice, through role-play conversations, how to approach at-risk students, discuss their concerns and connect them with resources on- and off-campus.

COUNSELING & PSYCHIATRY LEADERSHIP



Mark Allen Miles, Ph.D.
Associate Director for Clinical Services

Warrenetta Mann, Psy.D.
Director of Counseling & Psychiatry

Elizabeth-Clare Porter, MD
Director of Psychiatry

Our caring professionals are here for students who are dealing with a host of mental health concerns, including depression, anxiety, disordered eating, substance abuse, grief, trauma, as well as many others.

AWARDS & ACCREDITATIONS

UofSC is recognized as a national **Jed Campus** based on an extensive external review of our mental health programs and services. Jed Campus strategies help guide our work to enhance mental health services, as well as substance abuse and suicide prevention programming. For more information, please visit sc.edu/healthservices.

Counseling & Psychiatry was recently reaffirmed in its accreditation through the **Association of Accreditation of Ambulatory Healthcare (AAAHC)**. Student Health Services also reaffirmed their status as an accredited Patient-Centered Medical Home.

UofSC's Doctoral Internship Program was also reaffirmed for accreditation through the **American Psychological Association**.



UofSC students going into counseling, social work and health services psychology can apply for training opportunities to help prepare for the transition from graduate work to professional work.

Training Programs offered:

- APA-Accredited Doctoral Internship in Health Services Psychology
- Counselor Training Program for Ed.S. candidates
- Social Work Training Program for MSW candidates

COUNSELING & PSYCHIATRY BY THE NUMBERS



30

Counseling Staff

Including Psychologists, Counselors, Social Workers, Case Managers and Doctoral Interns

7

Psychiatric Staff

Including Psychiatrists, Physician Assistants, Case Managers and Mental Health Nurse Practitioners

HOURS OF OPERATION

Counseling & Psychiatry

To enhance access to mental health services and accommodate students' busy schedules, we offer extended counseling hours:

8 a.m. - 6 p.m. Monday - Thursday

9 a.m. - 5 p.m. Friday

and

2-8 p.m. for Sunday Clinics

Mondays-Fridays:

Thomson Building

1409 Devine St.
Columbia, SC 29208
803-777-5223

Sundays (counseling only):

**Center for Health
and Well-Being**

1401 Devine St.
Columbia, SC 29208
803-777-3175



sc.edu/healthservices

Additional Resources:

Emergency services: If you are in crisis and are in immediate danger of harming yourself or someone else, **please call 911.**

After Hours 24/7 Counseling Line: 803-777-5223

24-Hour National Suicide Prevention Hotline: 800-273-8255

Crisis Text Line: Text HELLO to 741741 (FREE 24/7 and confidential)

The Trevor Lifeline (for LGBTQ individuals): 1-866-488-7386

UofSC Police Department: 803-777-4215

Prisma Health Richland Hospital Mental Health: 803-434-4813

Columbia Area Mental Health Center: 803-898-8888

Sexual Assault/Interpersonal Violence: 803-777-8248, sc.edu/stopsexualassault



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