



South Carolina Mental Health Resource Guide

NEED HELP NOW?

Call or text 988 for 24/7 crisis support.

Call 911 or go to the nearest emergency department when there is immediate danger.

Important Disclaimer

This document is for informational and referral purposes. It is not a substitute for diagnosis, treatment, emergency intervention, or individualized medical advice. Inclusion does not represent an endorsement or guarantee of service quality. Public reviews should be considered alongside licensure, treatment fit, accessibility, cost, and direct consultation.

Crisis Resources

- 988 Suicide & Crisis Lifeline – Call or Text 988 – <https://988lifeline.org>
- South Carolina Department of Mental Health – <https://scdmh.net>
- Crisis Text Line – Text HOME to 741741 – <https://www.crisistextline.org>
- Veterans Crisis Line – Dial 988 then Press 1 – <https://www.veteranscrisisline.net>

Sliding Scale & Affordable Counseling

- Charleston Dorchester Mental Health Center
- Greenville Mental Health Center
- Columbia Area Mental Health Center
- Mental Health America of South Carolina
- Local Community Mental Health Centers (SCDMH)

Counseling & Psychiatry Resources

- South Carolina Department of Mental Health Centers
- LifeStance Health
- Thriveworks Counseling
- BetterHelp (Telehealth)
- Talkspace (Telehealth)

Child & Family Resources

- Department of Mental Health Child & Adolescent Services
- School-Based Mental Health Programs



- Family Connection of South Carolina

Insurance & Medicaid

- Healthy Connections Medicaid
- South Carolina Healthy Connections Portal

Helpful Websites

- <https://scdmh.net>
- <https://988lifeline.org>
- <https://www.scdhhs.gov>
- <https://www.mhasc.org>

How to Evaluate Reviews Responsibly

Online reviews can help identify patterns, but they should not be the only basis for choosing a mental health provider. Privacy rules often prevent providers from responding fully to negative reviews, and large agencies may receive ratings for multiple unrelated programs.

- Read the newest reviews first and confirm they apply to the correct office or clinician.
- Look for repeated themes involving scheduling, respect, communication, billing, and continuity of care.
- Do not assume a high rating means the provider specializes in the client's concern.
- Confirm the clinician's active South Carolina license through the appropriate state licensing board.
- Ask for a consultation and assess whether the provider explains treatment goals, confidentiality, fees, and emergency procedures clearly.
- For children, trauma, OCD, eating disorders, substance use, or serious mental illness, verify specialized training rather than relying on general counseling reviews.

Questions to Ask Before Scheduling

- ☐ Are you accepting new clients, and what is the estimated wait time?
- ☐ Do you accept my exact insurance?
- ☐ What is the full self-pay fee, and do you offer a sliding scale or payment plan?
- ☐ Is the reduced fee available with a licensed clinician, intern, or supervised trainee?
- ☐ Do you provide in-person care, telehealth, or both?
- ☐ What ages and concerns do you treat?



- ☐ Which evidence-based approaches do you use for this concern?
- ☐ Do you provide medication evaluation or coordinate with a prescriber?
- ☐ What is your cancellation and no-show policy?
- ☐ How do clients access crisis support outside regular sessions?

Provider Verification

Before referral, verify the professional's license and disciplinary status through South Carolina Health Professional Boards or the applicable licensing authority. Also confirm that telehealth clinicians are authorized to treat a client physically located in South Carolina.