Mental Health Matters at the University of South Carolina

Student Health Services
An accredited Patient-Centered Medical Home
Supporting the vision of a Healthy Carolina community
Mental health matters

The demand for mental health services on college and university campuses is higher than ever, and it’s no wonder. As college students, you face changes and challenges that can cause or exacerbate a variety of mental health concerns including stress, anxiety, grief, depression and addiction.

That’s why the 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 techniques for prevention and self-care. Our online programs help you identify concerns and connect you to resources. And our holistic health care model ensures that you are cared for in a collaborative, coordinated setting.

Your well-being is a top priority for the university, but it requires your participation. Become familiar with the resources available to you. Seek help and accept it when it’s offered. Look out for your friends and fellow students, and help them find support when they need it.

Together, we can maintain a healthy, vibrant Carolina community.

Dennis Pruitt, Ph.D., Vice President for Student Affairs, Vice Provost and Dean of Students
With our Patient-Centered Medical Home approach to health care that promotes integration of medical services with behavioral health services, students have access to a mental health specialist who assists patients with urgent mental health care needs.

The model also creates a collaborative environment for our medical providers, so they can provide the most comprehensive care possible for each student. Students are encouraged to build relationships with each of their providers to ensure their health concerns are addressed in a timely and holistic manner.

Care Teams:
Dogwood, Magnolia, Oak and Pine

sc.edu/healthservices
Our mental health services

Confidential services offered

- Individual therapy - Up to 10 sessions per academic year are included in the student health fee, which is part of tuition.
- Group therapy - Counseling & Psychiatry offers a number of process groups, support groups, skill-building and life-hacks groups.
- Campus crisis response
- Individual crisis intervention - if you are concerned about a USC student and not sure what to do, call counseling 803-777-5223.
- Walk-in Assessments - if you are in crisis, walk-in assessments are available with counseling during business hours.
- Psychiatric evaluations
- Medication management

Students who visited the counseling center reported in recent satisfaction surveys that their care contributed to their academic success. Students who improve their mental health are more likely to graduate, according to the Healthy Minds Network.

“\textit{I’ve had to learn - through some very tough and trying lessons - that being open and willing to talk about my feelings is strength beyond strength}. Bottling up my feelings never amounted to anything good, and talking to someone who’s willing to listen has been a saving grace - literally.”

\textit{Brooks Herring, Exercise Science major.}
Preventive 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

• Daily guided meditation
• Meditation courses
• Programming to promote mental health resources and stress management skills

sc.edu/mentalhealth
Online mental health resources

**Therapist Assisted Online (TAO)**

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

**Online mental health screening**

Students fill out a simple, 10-minute Stress & Depression Questionnaire, identifying themselves with only a User ID that they select. A campus counselor will personally respond to them over this website with options for follow-up, if recommended.

sc.edu/mentalhealth
“I used to hide my negative emotions from everyone, including myself. Then I learned that I wasn’t alone. With that, I finally gave myself permission to feel however I was feeling.”

Counseling & Psychiatry leadership

Warrenetta Mann, Psy.D., director
Mark Allen Miles, Ph.D., assistant director for clinical services
E. Ray Hodges Jr., M.D., chief of psychiatry (left in photo)

Counseling & Psychiatry has experienced leaders with a combined 90+ years mental health experience. 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.
In 2014, USC was awarded the national Jed Campus seal, which was based on an extensive external review of our mental health programs and services. The Jed Campus Program currently works with USC to enhance mental health, substance abuse and suicide prevention programming. For more information, please visit sc.edu/healthservices.

USC’s Doctoral Internship Program is accredited through the American Psychological Association. 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.
Counseling & Psychiatry staff

Counselors
including Ph. D./Psy. D.s, LMSW/LISWs, LPCs, a case manager & interns/trainees

Psychiatric staff
including board-certified psychiatrists, nurse practitioners, physician assistants & a case manager
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

Sundays (counseling only):
Center for Health and Well-Being
1401 Devine St.
Columbia, SC 29208
803-777-3175

Mondays-Fridays:
Thomson Building
1409 Devine St.
Columbia, SC 29208
803-777-5223

sc.edu/mentalhealth
803-777-5223
Emergency services: If you are in crisis and are in immediate danger of harming yourself or someone else, please call 911.

USC Police: 803-777-4215

Sexual assault/interpersonal violence resources: sc.edu/stopsexualassault

24-hour National Suicide Prevention Lifeline: 800-273-8255

Richland Springs Behavioral Health Services Center Helpline: 803-434-4800

Make appointments for your first appointment or for groups by visiting sc.edu/myhealthspace

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