

Helpful Resources

Suicide Prevention Resources

South Carolina Suicide and Crisis Hotlines

This site provides telephone numbers for suicide and crisis hotlines throughout the state of South Carolina.

National Suicide Prevention Lifeline

This site provides information about suicide and the National Suicide Prevention Lifeline. The National Suicide Prevention Lifeline is a 24-Hour toll-free suicide prevention service available to anyone in suicidal crisis. You can receive support from the National Suicide Prevention Lifeline by calling 1-200-273-TALK (8255)

Suicide Prevention Resource Center

This site provides information about suicide, suicide prevention, prevention support, training, and resources to assist organizations and individuals to develop suicide prevention.

National Strategy for Suicide Prevention

This site provides information about the Department of Health and Human Services efforts to prevent suicide in American. This is a collaborative effort between SAMSHA, CDC, NIH, HRSA, and HIS.

The American Academy of Suicidology

The American Association of Suicidology is dedicated to the understanding and prevention of suicide. The organization promotes research, public awareness programs, and education and training for professionals and volunteers.

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is the only international non-profit organization dedicated to funding the research and education needed to prevent suicide.

Mental Health Information

National Alliance on Mental Illness (NAMI)

NAMI (the National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. This site has a great deal of information about mental illness, local NAMI chapters, and NAMI advocacy efforts.

National Institute of Mental Health (NIMH)

The National Institute of Mental Health is a branch of the National Institute of Health. The NIMH conducts and sponsors a tremendous amount of mental health research. The NIMH website is a great resource for information and research on mental illness.

Jed Foundation

The Jed Foundation is the nation's leading organization working to prevent suicide and promote mental health among college students. The Jed foundation has a lot of great information on college mental health and suicide prevention.

Half of Us

MTV and the Jed Foundation launched the Half of Us campaign to raise awareness about the prevalence of mental health issues on campus and to connect students to the appropriate resources to get help. The title of the program comes from research that suggest that half of college students reported feeling so depressed that they could not function. Check out this website for information on college mental health and to watch college students and musician tell about their struggles and successes managing mental illness. The site also provides online mental health screenings sponsored by ULifeline.

ULifeline

ULifeline is a website specifically designed to provide college students with information about mental health issues. The site also provides access to free online screenings. The University of South Carolina Lancaster Counseling Services is registered throughout ULifeline. When you click on this link and choose South Carolina, you will find USCL listed. Choose our campus and you will find resources specific to our campus.

Mental Health America

Mental Health America is a nonprofit organization dedicated to helping all people live mentally healthier lives. Their site provides lots of information about mental illness and treatment, online screenings for mental illness, advocacy and prevention efforts of the organization, and access to local affiliates of the organization.

South Carolina Department of Mental Health

The South Carolina Department of Mental Health provides mental health services throughout the state of South Carolina. Their site has information about local mental health services the Department sponsors and information about mental illness.

American Psychological Association

The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. With 148,000 members, APA is the largest association of psychologists worldwide. The APA sponsors a Help Center online to provide information about your physical and emotional well-being, as well as information about referrals.

Online Screenings

Take one of the mental health screenings provided at the links below. They are both free of charge and available 24 hours. Mental health screenings provide a quick way to identify signs of mental illness and seek help if necessary. If a screening suggest that you could benefit from mental health services, please come to Counseling Services and we can support you in finding appropriate services at our facility or at other providers in the area. Please fill out the pre-appointment forms prior to coming in for services. If you have questions about the forms, we can answer them when you come in to meet with our staff.

Uline

The University of South Carolina Lancaster Counseling Services has partnered with Uline to provide online screening around the clock for our students. The screening program used by Uline was developed by Duke University Medical Center. To use this screening program click on the Uline link listed above and chose the United States as your country, South Carolina as your state, and the University of South Carolina Lancaster as your school. Then click on the Self –evaluator link on the left hand side. Then you will be guided through the screening. If the screening suggest or you feel that you could benefit from services at the University of South Carolina Lancaster Counseling Services, make an appointment by calling (803) 313-7112 or (803) 313-7074 and fill out the pre-appointment forms.

Mental Health America

Mental Health America provides a variety of online screening tools through their website. Click on this link and you will see options for a number of screening tools. If you take a screening and feel that you could benefit from mental health services, make an appointment by calling (803) 313-7112 or (803) 313-7074 and fill out the pre-appointment forms.

Notice of Privacy Practices

We are very committed to maintaining the confidentiality and privacy of your personal and health information. Our privacy documentation provides you with privacy practices regarding your Protected Health Information (PHI) as mandated by the Health Insurance Portability and Accountability Act of 1996 (HIPAA). This is a law that is designed to protect the privacy of information of health services consumers and provide for the electronic and physical safety of health and patient medical information. The HIPAA Privacy Rule provides a minimum federal standard for the use and disclosure of Protected Health Information (PHI) by health care organizations and requires that we post a Notice of Privacy Practices form.