Mental Health Resources

You are NOT alone!

Note: Resources listed below are not exhaustive and are not endorsed by the Indigenize SC Education Task Force.

Virtual/Digital Resources:

- **ShockTalk** [https://www.shocktalk.io/](https://www.shocktalk.io/)
  Indigenous/Native American specific therapy.

- **StrongHearts Native Helpline**
  24/7 Call or Text: 1-844-762-8483
  Chat Online: [https://strongheartshelpline.org](https://strongheartshelpline.org)

- **One Sky Center** (503-970-7895)
  One Sky Center provides resources and a “Find a Therapist” locator for treating mental health and substance use disorder within Native American communities.

- **Signs You Should See a Therapist**
  An article to help identify when to consider therapy.
  An article written by Innerbody.
  [https://screening.mhanational.org/](https://screening.mhanational.org/)

- **Stress Relievers: 70 Ways to Reduce Stress**
  Best stress relievers for all types of people.
  An article from verywellmind.com.

- **Healthy Sleep Tips**
  Healthy sleep habits can make a big difference in your quality of life.
  See these tips from the National Sleep Foundation.

- **National Alliance on Mental Illness (NAMI)**
  is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

- **BetterHelp**
  An organization that offers online therapy.

- **ULifeline**
  is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health.

- **Active Minds**
  is a nonprofit organization supporting mental health awareness and education for students. Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.
Half of Us was created by mtvU and The JED Foundation to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help. When we decrease the stigma around mental health and encourage help-seeking, we can change and save lives.

The Jed Foundation is a nonprofit that exists to protect emotional health and prevent suicide for our nation’s teens and young adults.

Projects for Assistance in Transition from Homelessness: Providing community-based services to individuals with serious mental illnesses or co-occurring serious mental illnesses and substance use disorders who are experiencing homelessness in South Carolina.

Suicide Prevention: Unified effort by the South Carolina Suicide Prevention Coalition to implement a suicide prevention plan, offer aftercare planning and support, provide training, and raise awareness of resources.

Mental Health America of South Carolina

Physical Resources:

- Edisto Indian Free Clinic
  1125 Ridge Rd., Ridgeville, SC
  Phone: 843-871-2126
  Email: eifc@lowcountry.com
  Website: edistoindianfreeclinic.com/index.html

- NATIVEhealth
  Catawba Indian Nation: NATIVEhealth is a three-part prevention, treatment/intervention, and recovery program that examines behavioral health emphasizing substance misuse, mental health disorders like depression and anxiety, and suicide. Through case management, counseling, and education the Family Services Team brings culturally relevant and evidenced-based practices to each service provided to the community.
  NATIVEhealth’s desire is for everyone to live well.
  996 Avenue of the Nations
  Rock Hill, SC 29730
  Phone: 803-366-4792
  Email: info@catawba.com

- South Carolina Department of Mental Health

Apps:

Mindfulness/Relaxation apps, with descriptions from iTunes and Google Play.

- Buddhify iTunes | Google Play
This is a mindfulness and meditation app that is built around you. Buddhify is perfect for those who are ready to incorporate meditation and mindfulness into their entire day, with meditations that target every aspect of your life, from sleeping, to traveling, to being online. Even if you have never tried meditation before, Buddhify is a life-changer.

- **Calm** iTunes | Google Play
  Includes multiple guided as well as unguided sessions. When you decide you are ready for more than the seven-day program, you can pay for a subscription, which opens up a 21-day program.

- **Headspace** iTunes | Google Play
  This app is great for people getting started with meditation. The first level in the program teaches you meditation in easily digestible ten-minute sessions. Headspace app student plan for only $9.99 per year: https://www.headspace.com/studentplan.

- **Omvana** iTunes | Google Play
  Omvana gives you access to many meditation sounds, music, and guided sessions with meditation experts. Focus options include: mindfulness, stress, relaxation, sleep, and more. You can choose the length of each meditation session, from three minutes to an hour.

- **Relax Melodies** iTunes | Google Play
  Relax Melodies is designed with a good night’s sleep in mind. If you have difficulty getting to sleep or feeling rested in the morning, then this is the app to try.

- A 10-minute guided meditation for anxiety, available on YouTube: https://www.youtube.com/watch?v=EpVFSti0Ydg

- **Sanvello** iTunes | Google Play
  Provides tools to address stress, anxiety, and depression at your own pace. Features audio exercises for mindfulness meditation, breathing, relaxation, visualization. Journal writing and mood/health tracking. Provides a peer support community.

- **Breathe2Relax** iTunes | Google Play
  A portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

- **SAM: Self-help Anxiety Management** iTunes | Google Play
SAM is designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. Includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.

- Happify iTunes | Google Play

Whether you’re feeling stressed, anxious, depressed, or you’re dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional well-being.

- [http://www.donothingfor2minutes.com/](http://www.donothingfor2minutes.com/)
- [http://naturesoundsfor.me/](http://naturesoundsfor.me/)
- [https://www.rainymood.com/](https://www.rainymood.com/)
- [https://cyrogem.itch.io/the-thoughts-room](https://cyrogem.itch.io/the-thoughts-room)

**Therapists who are Indigenous/Native American:**

- Acorns n Bones OMC, Dr. Tia Buchanan  
  Phone Number: 803-408-5572  
  Location: Sumter
- T. Jeanette Johnson-Watts  
  Phone Number: 864-719-3874  
  Location: Greenville
- Carrie Costa  
  Phone Number: 843-279-4956  
  Location: Charleston
- Stephanie Baker  
  Phone Number: 803-590-8700  
  Location: Columbia
- Therapy Corner  
  Phone Number: 843-410-5370  
  Location: Goose Creek
- Beach Counselors LLC  
  Phone Number: 843-892-6618  
  Location: North Myrtle Beach
- 7even Wellness Care  
  Phone Number: 843-350-0114  
  Location: Conway
- Donna Cummings  
  Phone Number: 843-428-6836  
  Location: Charleston
- Jennifer Beckham  
  Phone Number: 864-263-1350  
  Location: Greenville
- Season 4 Change, LLC  
  Phone Number: 803-232-7530  
  Location: Graniteville
- Ciri Colee  
  Phone Number: 843-814-3348  
  Location: Charleston
- James William Pruett  
  Phone Number: 980-399-5118  
  Location: Spartanburg
- Shenna Ganzy  
  Phone Number: 803-546-3896  
  Location: Columbia
- Robert McClary  
  Phone Number: 803-408-4770  
  Location: Columbia
- Dinah Taylor  
  Phone Number: 803-721-9106  
  Location: Irmo
- Holly Hansen  
  Phone Number: 843-920-3595  
  Location: Moncks Corner
- Candace Rose Vivas  
  Phone Number: 803-879-1592  
  Location: Fort Mill
- Healing Solutions  
  Phone Number: 970-443-0252  
  Location: Lexington
- Christie Rogers-Larke  
  Phone Number: 864-305-4151  
  Location: Gaffney
- Dr. David John Berndt  
  Phone Number: 843-300-1915  
  Location: North Charleston
- Leslie Laurice Wright  
  Phone Number: 843-279-8969  
  Location: Kingstree
- Journey Pathways to Healing  
  Phone Number: 864-412-0881  
  Location: Greenville
• Leslie Armeniox  
  Phone Number: 803-674-4740  
  Location: Rock Hill

• Andrea Axelson  
  Phone Number: 843-630-6721  
  Location: Mount Pleasant

• Beverly McBee Zimmerman  
  Phone Number: 843-428-5829  
  Location: Johns Island

• Jack Register  
  Phone Number: 336-443-6703  
  Location: Charleston

• Barbara Leigh  
  Phone Number: 251-973-6015  
  Location: Charleston