



INDIGENIZE SOUTH CAROLINA

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/>
Indigenous/Native American specific therapy.
- **StrongHearts Native Helpline**
24/7 Call or Text: 1-844-762-8483
Chat Online: <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/>
- **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>

Anxiety/Stress Management

- 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://naturesoundsfor.me/>
- <https://www.rainymood.com/>
- <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 Pruet
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