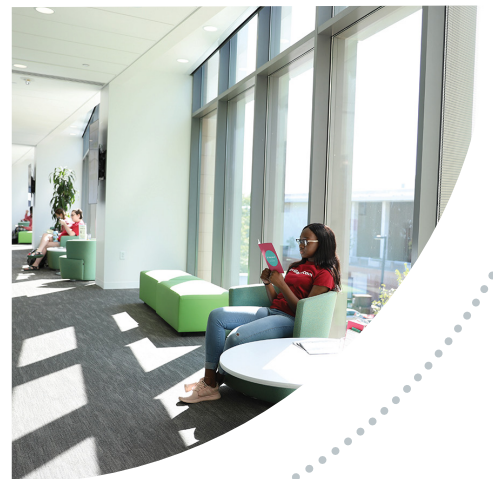


# Guide to **MENTAL HEALTH SERVICES**

[sc.edu/healthservices](http://sc.edu/healthservices)



**Student Health Services**  
UNIVERSITY OF SOUTH CAROLINA



# Guide to the **THOMSON BUILDING**

## **Sexual Assault and Violence Intervention & Prevention**

*Floor 2*

We provide confidential support and advocacy services for interpersonal violence victims/survivors. We strive to eliminate acts of interpersonal violence at USC through advocacy, education and outreach. Our advocates are accessible 24/7. If you have any questions, please call our SAVIP office at 803-777-8248, 24/7, to speak to a SAVIP advocate. You do not have to give your name when calling.

## **Gamecocks LiveWell & Wellness Coaching**

*Floor 1*

The Gamecocks LiveWell initiative provides faculty and staff preventive services and programs to assist them in attaining and maintaining wellness in body, mind and spirit. This office is also the home of Wellness Coaching for students, faculty and staff. Call 803-777-8283 for information.

## **Changing Carolina Peer Leaders**

*Floor 2*

Changing Carolina Peer Leaders are a diverse group of USC student leaders with specialized training in leadership, health and wellness. They advocate for a healthy USC campus.

## **Counseling & Psychiatry**

*Floors 2, 3, 4*

Our mental health providers include board-certified psychiatrists, psychiatric nurse practitioners, psychiatric pharmacists, licensed psychologists, licensed counselors and social workers. Our services are available for students located within the state of South Carolina both virtually and in-person.

Learn more about mental health services at UofSC by visiting [sc.edu/mentalhealth](https://sc.edu/mentalhealth).







# Mental Health Services

## Individual Counseling

We offer individual counseling using a Semester-at-a-Time model using brief and solution-focused therapy while augmenting with groups and online modules.

## Group Counseling

We offer a number of skill-building groups, support groups, and process groups as well as some workshops throughout the academic year.

## Individual Crisis Intervention

If you are concerned about a UofSC student and not sure what to do, please call the counseling center at 803-777-5223.

## Urgent Concerns

We offer Same Day Single Session appointments daily that are web-bookable on My Health Space. We also have walk-in appointments available in the afternoons which are primarily for assessment of safety and referral to appropriate resources.

## Thrive@Carolina

Thrive@Carolina provides students with access to additional mental health services which includes a 24/7/365 mental health support line for in-the-moment support regardless of time of day or your location. Students can call (833) 664-2854 to reach the 24/7 support line. To learn more, visit [thriveatcarolina.com](http://thriveatcarolina.com).

## Therapist Assisted Online (TAO)

Online screenings and self-directed modules are available to students to manage symptoms with or without coaching by a counselor.

## Preventive mental health programs include:

- Suicide prevention training
- Stress management consultations
- Resiliency workshops
- Wellness coaching
- Programming to promote mental health resources and stress management skills
- Kognito online program to help students recognize signs of psychological distress

If you have any questions about Counseling & Psychiatry, call us 803-777-5223 or visit [sc.edu/healthservices](http://sc.edu/healthservices).

## Case Management

To help with off-campus or out-of-state mental health care.

## Psychiatric Evaluations & Medication Management

Our providers can recommend treatment for mental, emotional and behavioral problems and can prescribe medications if needed and arrange for ongoing monitoring and coordination with other health care professionals.

*Before our psychiatric providers can assume medication management for Attention-Deficit Hyperactivity Disorder (ADHD), Student Health Services requires formal neuropsychological testing to confirm this diagnosis. We do not offer ADHD testing; therefore, the cost of this testing is NOT covered by the Student Health Fee. Testing results from off-campus or out-of-state psychologists will be accepted if it complies with our guidelines. Please contact our clinic for any additional questions.*

## Hours of Operations:

(Subject to change)

### Fall & Spring

Mon.-Fri.: 8 a.m. - 5 p.m.

Holidays: Closed

### Summer & Breaks

Mon.-Fri.: 8:30 a.m. - 4:30 p.m.

## Location

1409 Devine Street  
Columbia, SC 29208

**Phone: 803-777-3175**  
**sc.edu/healthservices**

**Mental Health Support**  
**24/7/365**  
**(833) 664-2854**

**For Emergencies, call 911**  
**USC Police 803-777-4215**

**Primary Care**  
803-777-3175

**Women's Health**  
803-777-8920

**Counseling**  
803-777-5223

**Psychiatry**  
803-777-1833

**Sports Medicine, Physical  
Therapy & Radiology**  
803-576-6383

**Allergy, Immunization & Travel**  
803-777-9511

**Financial Services**  
803-777-3174

**Pharmacy**  
803-777-4890

**Healthy Campus Initiatives**  
803-777-8283

**Nutrition Services**  
803-777-8283

**Sexual Health**  
803-777-8283

**Sexual Assault and Violence  
Intervention & Prevention**  
803-777-8248 (24/7)

### After-hours Care

Doctor's Care has three urgent care clinics near campus and are open after hours and weekends:

2601 Rosewood Dr., Columbia, SC 29205  
(1.9 miles from campus), 803-782-4051

1538 Main St., Columbia, SC 29201 (1.1 miles), 803-726-6737

4500 Forest Dr., Columbia, SC 29206 (4 miles), 803-738-9522

### For medical emergencies, students can visit a hospital emergency room:

Prisma Health Baptist, 1301 Taylor St., Columbia, SC 29220 (0.9 miles)


Providence Hospital, 2435 Forest Dr., Columbia, SC 29204 (2 miles)

Prisma Health Richland, 3301 Harden St., Columbia, SC 29203 (2.75 miles)


Visit **MyHealthSpace** at [sc.edu/myhealthspace](http://sc.edu/myhealthspace) to make appointments online; **UHSRX.com** to refill prescriptions.

Like or follow us on social media for the latest campus health news, program announcements and event information:


 @UofSC\_HHS


 @healthycarolina\_uofsc


 UofSCshs

 HealthyCarolina

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 @healthycarolina

 @uofsc\_ccpl

 mentalhealthmattersuofsc

 GamecocksLiveWell

## Accreditations:

Accredited by

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for AMBULATORY HEALTH CARE, INC.

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 AMERICAN PSYCHOLOGICAL ASSOCIATION

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