HOW CAN
COUNSELING & PSYCHIATRY
HELP YOU?

We offer a variety of appointment types to match your needs.

EMERGENCIES

If you are experiencing a life-threatening emergency, please call 911 or go to the nearest emergency room.

Mental health services are available 24/7 to UofSC students who are in distress. Call 803-777-5223 at any time to receive direct support, be referred to immediate help or if you're concerned about a student.

sc.edu/mentalhealth
Mon.-Fri., 8 a.m.-5 p.m. (subject to change)

University Health Services
University of South Carolina

An Accredited Patient-Centered Medical Home

"I'D LIKE TO START RECEIVING ONGOING MENTAL HEALTH SERVICES."

Initial Consultation

- I'm here to see how counseling can help me
- I want to see if medications could be helpful

Schedule an appointment online at sc.edu/myhealthspace

"AM I THE ONLY ONE FEELING THIS WAY?"

Group Counseling

- I want to learn skills to cope with my anxiety, depression or eating concern
- I'd like to meet others who have similar concerns

Sign up for groups at sc.edu/myhealthspace

"COULD MEDICATIONS HELP ME?"

Psychiatry Appointment

- I want to talk about options
- I'm taking ADD/ADHD meds and have questions
- What if I think my medication needs to change?

Students are referred after the Initial Consultation. Call 803-777-1833.

"ARE THERE ANY ONLINE OPTIONS I CAN USE?"

Online Support

- I'd like to see a therapist online (TAO)
- How can I help others? (Kognito)
- How do I know I need help? (ISP)

Learn more: tinyurl.com/UHSonline

"HOW DO I LEARN ABOUT SELF CARE?"

Wellness Coaching

- I'd like to learn how to meditate to reduce stress
- I want to get coached about my health habits
- How can I manage my stress better?

Schedule an appointment online at sc.edu/myhealthspace

"I NEED TO SEE SOMEONE TODAY."

Same Day Appointments

- I need to talk to someone urgently
- I'm not sure I can keep myself safe

Schedule Same Day, Single Session Appointments at sc.edu/MyHealthSpace or drop in to the Thomson Building Mon-Fri 12-4 p.m.