

You are not alone.

No matter how challenging the times,
you are not alone in South Carolina.

Whatever you're struggling with - family pressures, work, relationship issues, grief, stress or financial concerns - it is easy to get overwhelmed without an idea of where to turn for support. We understand that many people are reluctant to seek help for mental health concerns so we made getting support as easy as...*click, connect, chat.*

CLICK



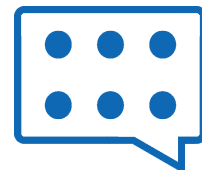
Go to
hope.connectsyou.org
to get started.

CONNECT



Take a Questionnaire to
receive feedback and support
from a program counselor.

CHAT



Exchange messages
and learn about available
resources and services.

hope.connectsyou.org

The South Carolina Department of Mental Health (SC DMH) and the South Carolina Department of Alcohol and Other Drug Abuse Services (DAODAS) partnered with the American Foundation for Suicide Prevention (AFSP) to provide the Interactive Screening Program - a safe and easy service that allows you to anonymously take a Self-Check Questionnaire and connect with a professional counselor in the State of South Carolina who can provide guidance, support, and resources to help connect you with mental health and addiction services. This service is available to all residents of South Carolina 18 years of age or older.