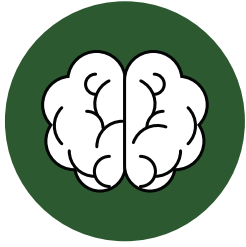
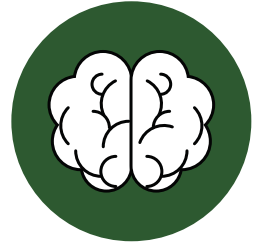


MENTAL HEALTH AWARENESS WEEK



MENTAL HEALTH RESOURCES FOR FAMILIES



Providers Accepting Medicaid

Gateway Children's Mental Health Services
397 Serpentine Dr., Suite B, Spartanburg, SC
29303
(864) 406-6041
<https://www.gatewaychildrens.com/>

Turning Leaves for Children
601 W. Main St., Spartanburg, SC 29301
(864) 598-9461
<http://www.turningleavesforchildren.com>

Healing Solutions, LLC
340 East Main St., Spartanburg, SC 29302
(864) 707-2167
<https://www.healingsolutionscounseling.com>

Modern Wellness Family Counseling
945 E Main St Suite 5
Spartanburg, SC 29302
modernwellnessfamilycounseling.com
864-383-9002

H&W Enterprises, LLC
1524 John B White Sr. Blvd, Spartanburg, SC
29301
(864) 586-3300
<http://hwenterprisesofnc.com/>

Providers Accepting Private Insurance Only

Magnolia Counseling Associates
811 E Main St. Suite B, Spartanburg, SC 29302
(864) 583-5969
<https://www.magnoliacounseling.net/>

In-Step Counseling Services - Debbie
Guilfoyle
175 Magnolia Street, Spartanburg, SC 2930
(864) 310-6776

Provider on Sliding Scale / Income-Based:

Emerge Family Therapy Center
138 Dillon Dr., Spartanburg, SC 29307
(864) 583-1010
<http://westgatefti.org/>

Next Generation Counseling - Anna Kelly
101 N Pine Str. Suite 315, Spartanburg, SC
29302
(864) 580-6777
<http://nextgenerationcounseling.com/>

Additional Resources and Services

National Suicide Prevention Hotline
1-800-273-TALK (8255)
<https://suicidepreventionlifeline.org/>

ReGenesis Health Care - Community Health
Centers
750 S. Church St., Spartanburg, SC 2936
(864) 582-2411
<https://www.myrhc.org/>

Child, Adolescent, and Family Engagement Center
family therapy, child therapy, support
coordination
358B Serpentine Drive Spartanburg, SC 29302
(864) 594-0500

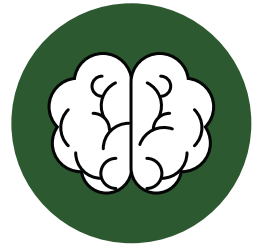
Spartanburg Department of Mental Health
250 Dewey Ave., Spartanburg, SC 2933
(864) 585-0366
<http://www.sparmhc.org/>

School Health Professionals:
Front office: (864) 253-1800 ask for
School Counselor: Ms. Angie
School Therapist: Ms. Janata
Assistant Principal: Ms. Siobhan

MENTAL HEALTH AWARENESS WEEK



**SELF CARE IS IMPORTANT! HERE
ARE SOME TIPS AND RESOURCES
FOR SELF CARE.**



Hope Remains Summer Camp

www.hoperemains.org/summercamp/
(864)249-3532

This camp uses equine therapy where scholars can develop lifelong skills

Spartanburg Youth Theatre

(864)585-8278

Classes, camps and workshops to grow hobbies in the arts

The Bethlehem Center Wellness programs

<https://www.thebethlehemcenter.org/>
(864) 582-7158

Build a sense of Community by joining wellness programs

Ballet Spartanburg

Chapman Cultural Center Theatre
(864) 583-0339

Dance is a great way to get exercise and foster a hobby

Therapeutic Wellness Program: Spartanburg Parks Department

[http://sc-](http://sc-spartanburgcountyparksandrec.civicplus.com/151/50-Wellness-Programs)

[spartanburgcountyparksandrec.civicplus.com/151/50-Wellness-Programs](http://sc-spartanburgcountyparksandrec.civicplus.com/151/50-Wellness-Programs)

Southern Martial Arts

990 S. Pine Street
(864)585-8814

Martial arts is a great form of exercise and stress relief

Spartanburg Rail Trail

<https://www.visitspartanburg.com/blog/an-afternoon-on-the-rail-trail/>

Go For a family walk at Spartanburg Rail trail
No Cost

Spartanburg Art Museum

200 E St John St, Spartanburg, SC 29306

Art museums provide the opportunity to open people to new ways of connecting to themselves, others, and the broader world.

Thomas E. Hannah YMCA

(864)585-0306

151 Ribault St, Spartanburg, SC 29302

Exercise and group fitness, community wellness programs

Spartanburg Parks Department Youth Sports

<http://sc-spartanburgcountyparksandrec.com>

Team sports are a great way for youth to gain athletic skills as well as social skills

Milliken Park, Cleveland Park

<https://spartanburgparks.org/27/Parks-Facilities>

There are many parks in Spartanburg where you can get some fresh air and exercise

Roper Music

<https://www.ropermusicstore.com>

864-542-2263

Roper music offers private music lessons.