

Mental Health Resources

No Referral Needed:

| Resource Name | Address | Phone Number | Website | Hours of Operation | What specific resources/ programs are provided? | What does the intake process consist of? | Who specifically qualifies for this program and / or resources? | What are Accepted insurances. Do you provide payment plans / financial assistance and who would qualify? | What is the completion process or any post care follow up. |
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| Carolina Behavioral Care, Inc. | 1919 Gadsden St, Columbia, SC 29201 | (803) 552-9404 | http://cbcare.net/ | Mon - Fri 9 am to 5 pm | ADHD, Depression, Panic disorder. Counseling and assessment | Make an appointment on the website | Anyone | Private insurance | visit website for more information |
| Christian Counseling Center | 1500 Lady St., Columbia 29201 | 803-779-1995 | christiancounseling.ws | Mon - Fri 9 am to 5 pm | Individual therapy and group counseling to include sexual addiction, boundary setting, care for caregivers, etc. | Make an appointment on the website | Anyone | Private insurance | visit website for more information |
| Columbia Counseling Center | 900 St Andrews Rd, Columbia, SC 29210 | (803) 731-4708 | http://columbiacounselingcenter.com/ | Mon - Fri 9 am to 5 pm | Adult and Children. Online or in person counseling. | Call the listed number or visit website for more information | Anyone with approved insurance | Insurance: TriCare, Medicare, BCBS, etc. (may have a co-pay). Some counselors may reduce fee, call to ask. | call for more information |
| Comprehensive Psychological Services | 1816 Bull St, Columbia, SC 29201 | (803) 422-0017 | https://www.comppsyhsc.com/ | Mon - Fri 9 am to 5 pm | Psychological assessments, educational evaluations, family court forensic services, fit-for-duty evaluations, and suggest treatment options | Call 803-422-0017 or email comppsyhsc@gmail.com for an appointment | Age 6 and up | BCBS and Tricare | Call for more information |
| Counseling Plus | 107C Vista Oaks Dr, Lexington, SC 29072 | (803) 727-3882 | www.counselingplus.com | Mon - Sun 8 am to 6:30 pm | call for more information | contact for more information regarding the process | All ages | BCBS | call for more information |
| Department of Mental Health (DMH) | 2414 Bull St, Columbia, SC 29201 | 803-898-8581 or 833-364-2274 (emergency) | https://www.scdmh.net | Mon-Fri 8:30 am to 5:00 pm | Inpatient, Outpatient services, emergency psychiatric services, assessments, case management, counseling, resource referrals, education, support, emergency crisis services | Find the local mental health center from the website and call the specific phone number to make an appointment | Residents of SC | Dhec | call for more information |
| Eau Clair Coop. Health Center | 4605 Monticello Road Building B, Suite 1 | 803-714-0266 | http://ecche.org | Mon - Fri 8:30 am to 5:00 pm | Behavior disorders (anxiety, depression, ADHD, bipolar disorder, eating disorders, OCD, panic disorder, PTSD, phobias, personality disorder), psychological consulting, medication management | Referral from primary dr or fill out form on website | Children ages 5-11: Counseling Adolescents ages 12-17: Medication management and counseling Geriatric patients age 65 and older: Medication management and counseling | Sliding discount fee scale for uninsured and/or assistance through donations, some insurance companies accepted (contact business for details) | call for more information |
| Greenbrook TMS NeuroHealth Centers | 1911 Gadsden St UNIT 101, Columbia, SC 29201 | (855) 940-4867 | https://www.greenbrooktms.com/south-carolina-centers/arsenal-hill-columbia | Mon-Fri 8:30 am to 5:30 pm | Transcranial Magnetic Stimulation (TMS) therapy for the treatment of Major Depressive Disorder (MDD) and Obsessive-Compulsive Disorder (OCD). | Fill out application on website and business will contact individual | Call business for details | The elderly | patients feel great after their follow up of therapy when need due to a relapse |

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| MIRCI | 3809 Rosewood Dr, Columbia, SC 29205 | (803) 939-2642 | https://www.mirci.org/ | Mon - Fri 8:30 am to 5 pm | Social rehabilitation programs: financial management, permanent housing for mentally ill, benefits assistance, housing for homeless, behavioral healthcare and support services, youth drop-in centers (behavioral healthcare, referrals for housing, medical, legal, education, employment, basic needs) | Call the business for more information | Youth drop-in: 17-24 yo Adults | Business is a non-profit, many services are funded through donations, Unknown on mental healthcare, call the business for more information | system care works for all patients in that continuum its patients with the care that works |
| Palmetto Health Counseling | 1501 Sumter St, Columbia 29201 | 803-296-5879 | http://palmettohealth.org | Mon - Fri 8:30 am to 5:30 pm | Community/behavioral health agency | Call the business for more information | Call the business for more information | Aetna, Humana, Medicare, Oxford, UnitedHealthcare | call for more information |
| Palmetto Mental Health Counseling, LLC / Kelly Benjamin Psychotherapy | 1821 Pickens St, Columbia, SC 29201 | (803) 232-5548 | https://palmettomentalhealthcounseling.com/ | Mon - Fri 8:30 am to 5:30 pm | Telecounseling and in person mental health counseling: depression, anxiety, PTSD, trauma, dual diagnosis, stress, coping skills, life transitions, family/relationship issues, self esteem, sexual abuse, grief/loss, alcohol/drug abuse | Request appointment on the website | Adults | \$90 to 120 per 60 minute session based on a sliding scale fee, call the business for more information regarding insurances accepted | call for more information |
| Pathways to Healing | 3830 Forest Dr. #201, Columbia 29204 | 803-790-8208 | https://pathwaystohealing.com/ | Mon - Fri 8:30 am to 5:30 pm | Sexual assault services: crisis intervention, individual counseling, family counseling, group counseling, legal advocacy, 24 hr hospital accompaniment, 24 hr hotline (803-771-7273) Educational classes for adults, training for adults, and multi-session education for youth | Call main office at 803-790-8208, 24 hr hotline at 803-771-7273 or fill out contact form on the website | Survivors of sexual assault, 8 yoas and up | Free | call for more information |
| Post Trauma Resources, LLC | 1709 Laurel St. Columbia, 29201 | 803-765-0700 | http://posttrauma.com | Mon - Fri 8:30 - 5 pm | Individual therapy and crime victim therapy - Cognitive behavioral therapy, trauma-focused cognitive behavioral therapy, eye movement desensitization and reprocessing Child therapy - specialized training for providers and teachers, therapy for neglect, loss, abuse, life stress, misbehavior, identity issues Family/couple therapy | Call the office for an appointment | Anyone | Major insurances accepted | call for more information |

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| Prisma Health Adolescent and Addiction Recovery Center | 720 Gracern Rd Suite 104, Columbia, SC 29210 | (803) 296-6829 | https://www.prismahealth.org/services/behavioral-health-and-psychiatry/midlands-outpatient-programs | Mon - Fri 8 am to 5 pm | Outpatient behavioral health and psychiatry: treatment for mood disorders, substance use disorders, co-occurring disorders, grief, stress, trauma, depression, etc. Medication evaluation, therapeutic groups, coping skills, education, coordination with the community, referrals to specialists upon discharge | Call the office for an appointment | Adults, adolescents, and older adults | Aetna, Allwell, BCBS, Humana, Molina, NHC Advantage, Select Health, WellCare, United Healthcare | call or go online for more information |
| Adult Clinic Services - Rehabilitation and Stabilization Services | 2715 Colonial Dr #200a, Columbia 29203 | 803-898-1555 | https://scdmh.net/wp-content/uploads/2020/12/CAMHC-Contact-Information.pdf | Mon - Fri 8 am to 5 pm | Psychiatric medical assessments, nursing services, individual group therapy, and case management | Call the office for an appointment | Adults | Major insurances accepted | call for information |
| Sister Care | 1820 Morlaine Rd, Cayce 29033 | 803-765-9428 or 803-926-0505 | http://sistercare.org | Mon - Fri 8: 30 am to 5 pm | Adult services: emergency shelters, individual and group counseling, laundry, clothing, food, transportation, crisis intervention, referrals, court advocacy, legal representation, hospital accompaniment Youth/child services: individual, group, and family counseling - trauma based | Call emergency line - 803-765-9428 or Main line - 803-926-0505 | Adults survivors of domestic violence and their children | Free | call for information |
| South Carolina Mobile Crisis Program | 2414 Bull St, Columbia, SC 29201 | 1-833-364-2274 | https://scdmh.net/dmh-components/community-mental-health-services/programs/mobile-crisis/ | Mon - Fri 8 am to 5 pm | Dispatches clinical team to the location of crisis, in-person psychiatric assessment and safety planning, provides community based resources, community based hospital and jail diversion program | Call 1-833-364-2274 (24/7) | Anyone | Contact for accepted insurances | Call for more information |
| Southern Med Counseling | 1633 South Lake Drive, Lexington, SC | 803.520.8295 | http://www.southernmedcounseling.com/ | Mon - Fri 8 am to 5 pm | Individual and family therapy: emotional, behavioral, social, academic/work, interpersonal relationships, Business also offers televisits | Call 803-520-8295 for an appointment | Anyone | BCBS, Aetna, Tricare, Medcost, BlueChoice, Carolina Care Plane, Medicaid, Molina, EAP, SOVA, Coventry, State Victim Assistance | call for more information |

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| Thriveworks | 1501 Main St Suite 140, Columbia, SC 29201 | 803-234-8596 | https://thriveworks.com/columbia-counseling/ | Mon - Fri 8 am to 9 pm | In person or online counseling: marriage, premarital, trauma, grief, depression, cognitive behavioral, career, anger management, family, child, couple, addiction, anxiety, and life coaching | Call the office for an appointment or make an appointment on the website | Anyone | All major insurances accepted. Call the office to check | identify your strengths and weaknesses, and create a plan for improvement and assessment. It would be our honor to walk with you on this journey of healing and growth. |
| University of South Carolina-Center for Community Counseling | 820 Main Street Columbia, SC 29208 | 803 777-4460 | https://sc.edu/study/colleges_schools/education/partnerships_outreach/community_counseling/index.php | 1409 Devine St. Columbia | Referrals and Counseling services: anxiety/depression, school issues, grief and loss, marriage and family issues, bullying, career stresses, decision-making, aging, anger, study skills | Only open during the school year: contact 803-777-4460 for an appointment | USC students and those in the Greater Columbia community | Call the office to check regarding accepted insurances | go online for more information |
| Upstream: A Center for Mindfulness Practice & Holistic Mental Health | 2123 College St, Columbia, SC 29205 | (803) 250-6764 | http://upstreamsc.com/ | call for more information about hours | Mindful mediation: 8 week psychoeducational classes designed to teach skills to help students cope with everyday and life stressors. | Classes are currently suspended due to COVID. Registration is on the website. | USC students | Unknown, contact office for more information | call for more information |
| Wandersman Center | 1512 Laurel St, Columbia 29201 | (803) 252-5455 | https://www.wandersmancenter.org/ | Permentaly Closed | Evidence-based support strategies and interventions | Contact via the website form | contact via the website form | contact via the website form | n/a |
| Referral Needed: | | | | | | | | | |
| Carolina Behavioral Care, Inc. | 1919 Gadsden St, Columbia, SC 29201 | (803) 552-9404 | http://cbcare.net/ | Mon - Fri 9 am - 5 pm | ADHD, Depression, Panic disorder. Counseling and assessment | Make an appointment on the website | Anyone | Private insurance | visit webise or call for more information |
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| Columbia Counseling Center | 900 St Andrews Rd, Columbia, SC 29210 | (803) 731-4708 | http://columbiacounselingcenter.com/ | Mon - Fri 8 am - 8 pm | Adult and Children. Online or in person counseling. | Call the listed number or visit website for more information | Anyone with approved insurance | Insurance: TriCare, Medicare, BCBS, etc. (may have a co-pay). Some counselors may reduce fee, call to ask. | call for more information |
| Comprehensive Psychological Services | 1816 Bull St, Columbia, SC 29201 | (803) 422-0017 | https://www.comppsyhsc.com/ | Mon - Fri 9 am - 5 pm | Psychological assessments, educational evaluations, family court forensic services, fit-for-duty evaluations, and suggest treatment options | Call 803-422-0017 or email comppsyhsc@gmail.com for an appointment | Age 6 and up | BCBS and Tricare | call for more information |

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| Counseling Plus | 107C Vista Oaks Dr, Lexington, SC 29072 | (803) 727-3882 | https://counselingcoachincconsulting.com | contact more information on hours | dialectical behavior therapy, EMOR (Eye movement desensitization and reprocessing, art therapy, lay therapy, and peer support | mental health and physical health | children, teens, and adults | BCBS | To learn more about us and the services we offer, please check out the links to the individual therapists/coaches. For additional information, don't hesitate to contact us. We are more than happy to take the time to chat with you. |
| Department of Mental Health (DMH) | 2414 Bull St, Columbia, SC 29201 | 803-898-8581 or 833-364-2274 (emergency) | https://www.scdmh.net | Mon - Fri 8:30 am- 5 pm | Inpatient, Outpatient services, emergency psychiatric services, assessments, case management, counseling, resource referrals, education, support, emergency crisis services | Find the local mental health center from the website and call the specific phone number to make an appointment | Residents of SC | Fees for services are set by the SC Department of Mental Health. Payment (Medicare, Medicaid, private insurance, cash, check, Visa or MasterCard) is expected at the time of services. Patients may be eligible for reduced fees based on their financial status. Please bring financial information with you including any insurance coverage. | Expect to talk about yourself a lot the first appointment. This is when the counselor gets a feel for what you need, your goals, your history, etc. Depending on the results of your assessment, the counselor will do one of two things: enroll you in services with us, or refer you elsewhere if another provider might meet your needs better |
| Eau Clair Coop. Health Center | 4605 Monticello Road Building B, Suite 1 | 803-714-0266 | http://ecchc.org | Mon - Fri 8:30 - 5 pm | Behavior disorders (anxiety, depression, ADHD, bipolar disorder, eating disorders, OCD, panic disorder, PTSD, phobias, personality disorder), psychological consulting, medication management | Referral from primary dr or fill out form on website | Children ages 5-11: Counseling Adolescents ages 12-17: Medication management and counseling Geriatric patients age 65 and older: Medication management and counseling | Sliding discount fee scale for uninsured and/or assistance through donations, some insurance companies accepted (contact business for details) | call for more information |
| Greenbrook TMS NeuroHealth Centers | 1911 Gadsden St UNIT 101, Columbia, SC 29201 | (855) 940-4867 | https://www.greenbrooktms.com/south-carolina-centers/arsenal-hill-columbia | Mon - Fri 8:30 am - 5:30 pm | Transcranial Magnetic Stimulation (TMS) therapy for the treatment of Major Depressive Disorder (MDD) and Obsessive-Compulsive Disorder (OCD). | Fill out application on website and business will contact individual | Call business for details | United Healthcare, Medicare, Aetna, Humana, BCBS, Tricare, Anthem, and others | call for more information |

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| MIRCI | 3809 Rosewood Dr, Columbia, SC 29205 | (803) 939-2642 | https://www.mirci.org/ | Mon - Fri 8:30 am - 5 pm | Social rehabilitation programs: financial management, permanent housing for mentally ill, benefits assistance, housing for homeless, behavioral healthcare and support services, youth drop-in centers (behavioral healthcare, referrals for housing, medical, legal, education, employment, basic needs) | Call the business for more information | Youth drop-in: 17-24 yo Adults | Business is a non-profit, many services are funded through donations, Unknown on mental healthcare, call the business for more information | When you contact Mirci for yourself or a loved one — or make a referral — you'll be directed to a member of our outreach team who can access immediate needs. That team then directs potential clients to our outreach center or makes a referral to a more suitable community partner agency. Our centers meet immediate essential needs — like showers, food, clothing, transportation and laundry services — and our medical team can then determine the need for psychiatric care and housing options. |
| Palmetto Health Counseling | 1501 Sumter St, Columbia 29201 | 803-296-5879 | http://palmettohealth.org | 24 hours of services | Community/behavioral health agency | Call the business for more information | Call the business for more information | Aetna, Humana, Medicare, Oxford, UnitedHealthcare | call for more information |
| Palmetto Mental Health Counseling, LLC / Kelly Benjamin Psychotherapy | 1821 Pickens St, Columbia, SC 29201 | (803) 232-5548 | https://palmettomentalhealthcounseling.com/ | Mon - Fri 9am - 6:30 pm | Telecounseling and in person mental health counseling: depression, anxiety, PTSD, trauma, dual diagnosis, stress, coping skills, life transitions, family/relationship issues, self esteem, sexual abuse, grief/loss, alcohol/drug abuse | Request appointment on the website | Adults | \$90 to 120 per 60 minute session based on a sliding scale fee, call the business for more information regarding insurances accepted | call for more information |
| Pathways to Healing | 3830 Forest Dr. #201, Columbia 29204 | 803-790-8208 | https://pathwaystohealing.com/ | 24 hours of service | Sexual assault services: crisis intervention, individual counseling, family counseling, group counseling, legal advocacy, 24 hr hospital accompaniment, 24 hr hotline (3-771-7273) Educational classes for adults, training for adults, and multi-session education for youth | Call main office at 803-790-8208, 24 hr hotline at 803-771-7273 or fill out contact form on the website | Survivors of sexual assault, 8 yoas and up | Free | call for more information |

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| Post Trauma Resources, LLC | 1709 Laurel St. Columbia, 29201 | 803-765-0700 | http://posttrauma.com | Mon- Fri 8 am - 5 pm | Individual therapy and crime victim therapy - Cognitive behavioral therapy, trauma-focused cognitive behavioral therapy, eye movement desensitization and reprocessing Child therapy - specialized training for providers and teachers, therapy for neglect, loss, abuse, life stress, misbehavior, identity issues Family/couple therapy | Call the office for an appointment | Anyone | Major insurances accepted | call for more information |
| Prisma Health Adolescent and Addiction Recovery Center | 720 Gracern Rd Suite 104, Columbia, SC 29210 | (803) 296-6829 | https://www.prismahealth.org/services/behavioral-health-and-psychiatry/midlands-outpatient-programs | Mon - Fri 8 am - 5 pm | Outpatient behavioral health and psychiatry: treatment for mood disorders, substance use disorders, co-occurring disorders, grief, stress, trauma, depression, etc. Medication evaluation, therapeutic groups, coping skills, education, coordination with the community, referrals to specialists upon discharge | Call the office for an appointment | Adults, adolescents, and older adults | Aetna, Allwell, BCBS, Humana, Molina, NHC Advantage, Select Health, WellCare, United Healthcare | In full- or half-day outpatient treatment, patients receive compassionate, intensive, and structured treatment—and still enjoy the freedom to manage their responsibilities and return home each day. |
| Adult Clinic Services - Rehabilitation and Stabilization Services | 2715 Colonial Dr #200a, Columbia 29203 | 803-898-1555 | https://scdmh.net/wp-content/uploads/2020/12/CAMHHC-Contact-Information.pdf | Mon - Fri 8:30 am - 5 pm | Psychiatric medical assessments, nursing services, individual group therapy, and case management | Call the office for an appointment | Adults | Major insurances accepted | Expect to talk about yourself a lot the first appointment. This is when the counselor gets a feel for what you need, your goals, your history, etc. Depending on the results of your assessment, the counselor will do one of two things: enroll you in services with us, or refer you elsewhere if another provider might meet your needs better. |
| Sister Care | 1820 Morlaine Rd, Cayce 29033 | 803-765-9428 or 803-926-0505 | http://sistercare.org | 24/7 crisis line | Adult services: emergency shelters, individual and group counseling, laundry, clothing, food, transportation, crisis intervention, referrals, court advocacy, legal representation, hospital accompaniment Youth/child services: individual, group, and family counseling - trauma based | Call emergency line - 803-765-9428 or Main line - 803-926-0505 | Adults survivors of domestic violence and their children | Free | call for more information |

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| South Carolina Mobile Crisis Program | 2100 Charlie Hall Blvd, Charleston, SC 29414 | 1-833-364-2274 | https://scdmh.net/dmh-components/community-mental-health-services/programs/mobile-crisis/ | 24 hours service | Dispatches clinical team to the location of crisis, in-person psychiatric assessment and safety planning, provides community based resources, community based hospital and jail diversion program | Call 1-833-364-2274 (24/7) | Anyone | Contact for accepted insurances | call for more information |
| Southern Med Counseling | 1633 South Lake Drive, Lexington, SC | 803.520.8295 | http://www.southernmedcounseling.com/ | Mon - Fri 8 am - 6 pm | Individual and family therapy: emotional, behavioral, social, academic/work, interpersonal relationships, Business also offers televisits | Call 803-520-8295 for an appointment | Anyone | BCBS, Aetna, Tricare, Medcost, BlueChoice, Carolina Care Plane, Medicaid, Molina, EAP, SOVA, Coventry, State Victim Assistance | contact for more information |
| Thriveworks | 1501 Main St Suite 140, Columbia, SC 29201 | 803-234-8596 | https://thriveworks.com/columbia-counseling/ | Mon - Sun 8 am - 9 pm | In person or online counseling: marriage, premarital, trauma, grief, depression, cognitive behavioral, career, anger management, family, child, couple, addiction, anxiety, and life coaching | Call the office for an appointment or make an appointment on the website | Anyone | All major insurances accepted. Call the office to check | contact for information |
| University of South Carolina- Center for Community Counseling | 820 Main Street Columbia, SC 29208 | 803 777-4460 | https://sc.edu/study/colleges_schools/education/partnerships_outreach/community_counseling/index.php | Mon - Fri 9 am to 5 pm | Referrals and Counseling services: anxiety/depression, school issues, grief and loss, marriage and family issues, bullying, career stresses, decision-making, aging, anger, study skills | Only open during the school year: contact 803-777-4460 for an appointment | USC students and those in the Greater Columbia community | Call the office to check regarding accepted insurances | contact for more information |
| Upstream: A Center for Mindfulness Practice & Holistic Mental Health | 2123 College St, Columbia, SC 29205 | (803) 250-6764 | http://upstreamsc.com/ | Mon - Fri 9 am - 5 pm | Mindful mediation: 8 week psychoeducational classes designed to teach skills to help students cope with everyday and life stressors. | Classes are currently suspended due to COVID. Registration is on the website. | USC students | Unknown, contact office for more information | contact for more information |
| Wandersman Center | 1512 Laurel St, Columbia 29201 | (803) 252-5455 | https://www.wandersmancenter.org/ | Mon - Fri 9 am - 5 pm | Evidence-based support strategies and interventions | Contact via the website form | contact via the website form | contact via the website form | contact for information regarding a follow up |