

MENTAL HEALTH RESOURCES

A Guide to Mental Health
Resources in Spartanburg



SPARTANBURG COUNTY
PUBLIC LIBRARIES

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INTRODUCTION

May is Mental Health Awareness Month. This year Spartanburg County Public Libraries plan to participate by sharing a collection of resources compiled by library staff. From the resources below, patrons can find items in our collections that connect them to books about different experiences with Mental Health. Also included are community, state, and national resources for all ages.

RESOURCES FOR ALL

If you or a loved one are in crisis please call 911 or one of the crisis lines below.

CRISIS LINES

- **Crisis Text Line:** Text HOME to 741741
- **National Suicide Prevention Lifeline:**
1-800-273-8255
 - **TTY:** Dial 711 then 1-800-273-8255
- **Spanish Language National Suicide Prevention Lifeline:** 1-888-628-9454
- **Substance Abuse Helpline:** 1-855-907-2953
- **Trevor Helpline (LGBTQ):** 1-866-488-7386
- **Trans Lifeline:** 1-877-565-8860

RESOURCES FOR ALL

NATIONAL RESOURCES

[CDC Mental Health](#)

[Mental Health America](#)

[MentalHealth.gov](#)

[National Alliance on Mental Illness](#)

LIBRARY RESOURCES

Please note topics that may be covered in the fiction titles include suicide, self-harm, assault, ect. Parental discretion is advised.

[Books for Kids](#)

[Books for Teens](#)

[Books for Adults](#)

For ebooks and movies related to Mental Health Awareness, please visit the Library Overdrive and Kanopy pages.

RESOURCES FOR KIDS AND FAMILIES

COMMUNITY RESOURCES

[Children's Advocacy Center](#)

[BestMinds Pediatric and Adolescent Mental Health](#)

[Emerge Family Therapy](#)

[Gateway Children's Mental Health Services](#)

[The Hope Center for Children](#)

[Middle Tyger Community Center](#)

[Spartanburg Area Mental Health Center](#)

[Turning Leaves for Children](#)

NATIONAL RESOURCES

[Association for Child and Adolescent Mental Health](#)

[Child Mind Institute](#)

[Children's Health Council](#)

[Coping Skills for Kids](#)

[International OCD Foundation](#)

[Kids Mental Health](#)

RESOURCES FOR TEENS

COMMUNITY RESOURCES

[Connect Spartanburg](#)

[BestMinds Pediatric and Adolescent Mental Health](#)

[Emerge Family Therapy](#)

[The Forrester Center for Behavioral Health](#)

[The Hope Center for Children](#)

[Middle Tyger Community Center](#)

[PFLAG Spartanburg](#)

[Regenesis Health Care - Adolescent Health](#)

[Uplift Outreach Center](#)

STATE & NATIONAL RESOURCES

[Crisis Text Line](#)

[National Alliance of Mental Illness South Carolina](#)

[National Eating Disorder Association Helpline](#)

[National Runaway Safeline](#)

[NotOK App](#)

[South Carolina Department of Mental Health](#)

[Stop Bullying](#)

[Suicide Prevention Lifeline](#)

[The Trevor Project](#)

RESOURCES FOR ADULTS

COMMUNITY RESOURCES

[Access Health Spartanburg](#)

[Mental Health America - Spartanburg](#)

[NAMI Spartanburg](#)

[New Day Clubhouse](#)

[Upstate Warrior Solution](#)

STATE & NATIONAL RESOURCES

[Alliance of Hope for Suicide Loss Survivors](#)

[American Foundation for Suicide Prevention](#)

[American Psychiatric Association](#)

[American Psychological Association](#)

[Anxiety & Depression Association of America](#)

[Depression and Bipolar Support Alliance](#)

[International OCD Foundation](#)

[National Eating Disorders Association](#)

[Postpartum Support International](#)

[Veterans Affairs Certified Counselor Search](#)