



### Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Source: U.S. Department of Health and Human Services

Call the Lifeline at 1-800-273-TALK (8255).

Wash. Post, "Suicide Signs"

**United Ministries**  
803-775-0757  
Non-emergency medical,  
Food, medication

**Samaritan House**  
803-775-0024  
Shelter, food, laundry

**Emmanuel Soup Kitchen**  
803-773-6197  
Hot meals M-F 12pm-1pm

**SC Works**  
803-773-7359  
Employment assistance

**YWCA**  
803-773-7458  
Domestic Violence assistance

**Dept. of Social Services**  
803-773-5531  
Food stamps, WIC

**Sumter Housing Authority**  
803-775-4357  
Housing assistance

**Sumter Senior Services**  
803-773-5508  
Physical & mental wellness

**Sumter VA Clinic**  
803-938-9901  
Primary care, mental health

**Salvation Army**  
803-775-9337  
Emergency food/clothing



IN AN  
EMERGENCY

DIAL  
911

**SANTEE - WATEREE  
COMMUNITY MENTAL  
HEALTH**

**803-775-9364**

## MENTAL HEALTH MATTERS



**W**e all have “those” days...but when they become weeks or months, or interfere with our daily lives, talking with a mental health professional can help.

**G**iving and taking help are part of the human experience. Working together to solve a problem makes it easier and takes less time.

**M**ental illness is treatable. Many people with serious mental illness are treated with medication. Supportive counseling, self-help groups, vocational, housing assistance, rehabilitation and other community services can assist in recovery too.

## BEHAVIORAL HEALTH SERVICE PROVIDERS IN SUMTER

### Sandhills Medical Foundation

803-778-2442

- Outpatient therapy
- Assessment for mental health issues

### Santee-Wateree Community Mental Health Center

803-775-9364

- Outpatient individual and group therapy
- Nursing and psychiatric mental health services for adults and children

### Sumter Behavioral Health Services

803-775-5080

- Outpatient substance abuse counseling

### Sumter Behavioral Health

803-436-2462

- Inpatient residential women's substance abuse

### Sumter Family Health

803-774-4500

- Outpatient therapy
- Mental health nursing and psychiatric services

### Helping Hands Counseling

803-773-2088

- Private practice outpatient therapy services

### New Tomorrow

### Behavioral Health Services

- Private practice outpatient therapy services

### Transformation Counseling

803-774-5599

- Private practice therapy
- Medical outpatient mental health services

## KNOW THE FACTS

1 IN 4 PEOPLE  
EXPERIENCE A  
MAJOR MENTAL HEALTH ISSUE.



SYMPTOMS AND WARNING SIGNS  
YOU OR SOMEONE YOU LOVE  
MAY NEED HELP:



- Irritability or short tempered



- Difficulty sleeping or sleeping too much



- Suicidal thoughts or actions.



- Racing thoughts or difficulty focusing



- Loss of interest in things you once enjoyed



- Changes in appetite