



## Hours of Operation:

**Monday through Friday  
8:30 a.m. - 5:00 p.m.**

*Evening hours are available at most clinics locations. Please check with your local clinic for specific evening options.*

## After hours/Mobile Crisis

**833.364.2274**

## National Suicide Prevention

**Lifeline**

**1.800.273.8255**

## Language Interpretation

**Service Available**

## Additional Support:

Coastal Empire Community Mental Health Center works closely with the Lowcountry Chapter of the National Alliance on Mental Illness. We encourage patients to be involved in the support and education activities provided by NAMI



**Administration:**  
1050 Ribaut Road  
Beaufort, Sc 29902

Phone: 843.524.8899  
Fax: 843.524.8179

## Clinics:

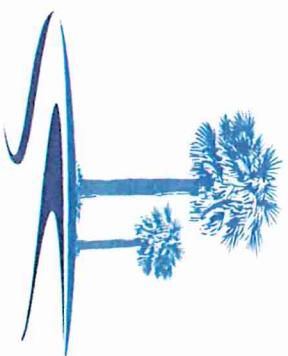
**Beaufort Clinic**  
1050 Ribaut Road  
Beaufort, Sc 29902  
Phone: 843.524.3378  
Fax: 843.524.1879

**Hilton Head Clinic**  
PO Box 23079  
151 Dillion Road  
Hilton Head Island, SC 29925  
Phone: 843.681.4865  
Fax: 843.689.6267

**Colleton County Clinic**  
PO Box 578  
507 Forest Circle  
Walterboro, SC 29488  
Phone: 843.549.1551  
Fax: 843.549.5637

**Hampton/Allendale Clinic**  
Po Box 1491  
65 Forest Drive  
Varnville, SC 29944  
Phone: 803.943.2828  
Fax: 803.943.4568

**Jasper County Clinic**  
PO Box 1016  
1510 Grays Highway  
Ridgeland, SC 29936  
Phone: 843.726.8030  
Fax: 843.726.8207



SC Department of Mental Health

# DMH

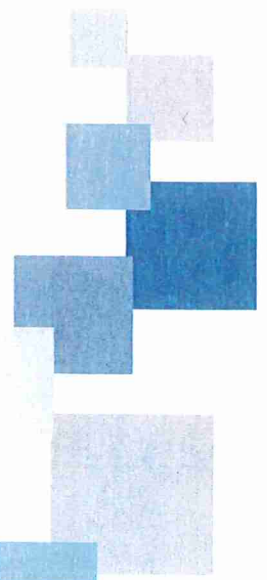
Coastal Empire

Community Mental Health  
Center

[coastalempiremhc.org](http://coastalempiremhc.org)



SC Department of Mental Health  
**DMH**  
Coastal Empire  
Community Mental Health Center



## About us ...

## Helpful Information:

## Notable information:

### Coastal Empire Community Mental Health Center (CECMHC)

offers a comprehensive array of services with priorities given to adults, children and their families affected by serious mental illnesses and significant emotional disorders.

**Our Mission:**  
To support the recovery of people with mental illnesses

- Dedicated to:**
- Support for Local Care
  - Commitment to Quality
  - Dedication to Improved Public Awareness and Knowledge

- Our Services:**
- Assessment
  - Crisis Intervention
  - Individual, Group and Family Therapy
  - School Mental Health Services
  - Psychiatric Medical Assessment
  - Nursing Services
  - Medication Management
  - Medication Monitoring
  - Peer Support Services
  - Care Coordination
  - Individual Placement and Support Employment Program

#### Initial Intake/Assessment

As part of the intake process, you will meet with a Master Level Mental Health Professional for a clinical assessment to help determine the best way to meet your needs. When planning your schedule, please set aside at least 2 hours for the initial intake with the Mental Health Professional. Adults must present identification, social security card, and any insurance information. For children, we will need the child's and guardians' identification, the child's and guardian's social security card and insurance card.

**Our preference is for children under the age of 18 be accompanied by their legal guardian for the intake/assessment as well as his/her services with the physician. Children under the age of 16 must be accompanied by their legal guardian at the time of intake in order to receive services. If services are delivered via telehealth, the legal guardian will need to be present for the session.**

#### Fees/Payment

**If you have private insurance**, please contact your insurance company for referral within your network prior to coming to CECMHC. If you choose to utilize CECMHC's services in lieu of a provider in your network, full payment is expected for services provided.

**Medicaid is accepted.**

**Medicare does not cover all services.**

**Reduction in fee will be considered upon request for patients who do not have insurance.** We must have proof of income to determine eligibility for fee reduction. Full fees will be assigned until such time as proof of income is provide and fee reduction is determined. We can accept the following as proof of income: Paycheck stub, SNAPs approval letter, w-2 form, Tax Return, Social security verification, and Court documents for child support or alimony.

- We are not a disability determination agency. We are not able to complete disability paperwork even if you are referred by an attorney; however, we are happy to refer you to the appropriate community resources that may be able to assist you.

- Our physicians participate in the on-line Prescription Monitoring Program known as SCRIPPTS (South Carolina Reporting and Identification Prescription Tracking System). The system collects prescription data on ALL Schedule II, III and IV controlled substances dispensed in or into the state of South Carolina. A urine drug screen may be requested at the intake and as part of the treatment process.

- Benzodiazepines (e.g. Xanax, Klonopin, Ativan) will only be prescribed if the CECMHC Psychiatrist feels this is the most appropriate medication for you. The psychiatrist may require participation in additional treatments when prescribing benzodiazepines.
- Active engagement in services and attendance at appointments is expected. Notification of cancellation/rescheduling of appointments is requested at least 24 hours in advance.





National Alliance on Mental Illness

**Lowcountry (SC)**

Recovery is a Journey.

NAMI is the nation's largest grassroots mental health organization. Founded in 1979, NAMI has become the nation's voice on mental illness with NAMI organizations in every state and in over 1,100 local communities across the country who join together to meet the NAMI mission. NAMI's education and support programs are FREE to everyone.

NAMI Lowcountry (SC) is a 501(c)(3) non-profit organization dedicated to improving the lives of people with mental illness and their families through programs of education, community forums, support, and advocacy and the promotion of recovery and dignity.



[www.namilowcountry.org](http://www.namilowcountry.org)



National Alliance on Mental Illness

**Lowcountry (SC)**

Find Help, Find Hope.

A MENTAL HEALTH DISORDER<sup>1</sup> WILL BE EXPERIENCED BY **1 OUT OF 5 AMERICANS** AT SOME POINT IN THEIR LIVES<sup>2</sup>.

*What Can We Do About It?*



[namilowcountry.org](http://namilowcountry.org)

Amazon Smile  
NAMI Lowcountry

[www.namilowcountry.org](http://www.namilowcountry.org)



#StigmaFree

<sup>1</sup> Some of these conditions include stress, depression, anxiety, isolation, self-harm and, sadly, suicide among other serious disorders.  
<sup>2</sup> National Institute of Mental Health (2017). [www.nimh.nih.gov](http://www.nimh.nih.gov)



National Alliance on Mental Illness

**Lowcountry (SC)**

Let's Shift from



*I in Illness to We in Wellness*



**FREE**

- Support Groups • Educational Programs •
- Advocacy • Community Education •

**(843) 636-3100**

29 Plantation Park, Suite 204  
Bluffton, SC 29910  
[namilowcountry.org](http://namilowcountry.org)

P.O. Box 24128, Hilton Head Island, SC 29925



## NINE SIGNS OF MENTAL HEALTH RISK

1. Feeling Anxious or Worried
2. Feeling Depressed or Unhappy
3. Emotional Outburst
4. Sleep Problems
5. Weight or Appetite Changes
6. Quiet or Withdrawn
7. Substance Abuse
8. Feeling Guilty or Worthless
9. Drastic Changes in Behaviors or Feelings

SOURCE: National Institute of Mental Health

**IF YOU ARE CONCERNED ABOUT A FRIEND OR LOVED ONE, ASK THEM HOW YOU CAN HELP.**

**THE FIRST STEP SHOULD BE TO SEE A HEALTHCARE PROFESSIONAL.**

If you think there is an immediate risk of suicide or self-harm, call 911.

Ask for a Crisis Intervention Trained Officer.

You can find updated information about

NAMI support groups at  
[www.namilowcountry.org](http://www.namilowcountry.org)

Call 704.927.2726

## CONNECT TO FREE LOCAL EDUCATION & SUPPORT GROUPS

### FAMILY SUPPORT

*I Can Help Others While Helping Myself.*

Any adult with a loved one who has experienced symptoms of a mental health condition needs support. NAMI Family encourages empathy, productive discussion and a sense of community.

You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space.



### CONNECTION SUPPORT

*Helping Others, Healing Yourself.*

Most adults with mental illness aren't used to talking about their conditions in social situations. But a peer support group is a judgment- and stigma-free zone, so they're more open to sharing.

Who better to offer inspirational, candid messages than someone who's been there?

**"Your illness does not define you. Your strength and courage does!"**

- Unknown

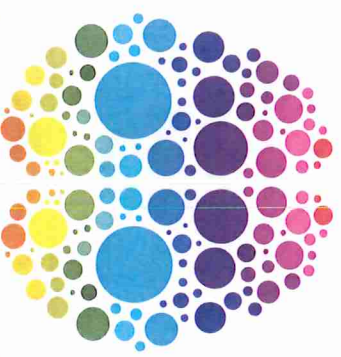
You always can find up to date information about peers' support groups at  
[www.namilowcountry.org](http://www.namilowcountry.org)



## TOGETHER WE CAN END THE SILENCE

### NAMI ENDING THE SILENCE:

(ETS) is an interactive presentation that helps students, parents, and educators to learn about the warning signs of mental health conditions and what steps they should take to find support for themselves or their friends.



To schedule a presentation at your school, workplace, or faith community, contact us at **(843) 636-3100**. Other available programs are NAMI In Our Own Voice, NAMI On Campus NAMI FaithNet, and Crisis Intervention Training for Law Enforcement Officers. Send us an email to get details,  
[info@namilowcountry.org](mailto:info@namilowcountry.org).

**Suicide is now the 2nd leading cause of death for ages 10-35 in S.C.**

- S.C. Department of Health and Environmental Control, 2016



# LOVE for Therapeutic Riding

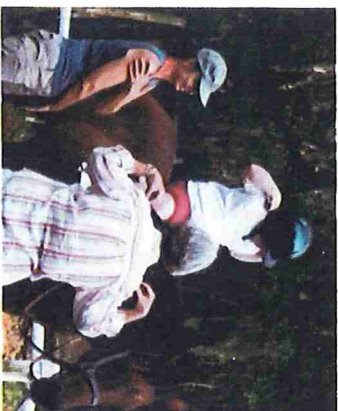


## What makes our Center/ Program Special?

Our certified instructor, with the help of many dedicated volunteers and specially trained horses, enable riders with special needs to benefit from alternative therapeutic techniques away from the normal "clinical" setting.

"Abigail is a ten year old girl with Down's syndrome. Abigail has also been diagnosed with slight autism. She is very bright but does not engage in conversations. Abigail's favorite activities are reading, swimming and horse-back riding.

Therapeutic Riding has provided Abigail with a therapy that indirectly teaches her to listen, follow directions and care for others. Abigail follows instructions while she rides her horse. She participates in activities that require her to speak and move while in her saddle and at the same time learns the proper way handle the horse. Abigail loves to ride and when you ask her to get ready to go riding, she does so willingly. The volunteers and instructors for LOVE are wonderful warm hearted individuals who give their time to helping children like Abigail have a chance at doing something they would be denied if such programs were unavailable to their parents. The children do not go on a mere pony ride, they are taught how to ride and care for a horse. There is the



possibility that the student may continue riding on their own. This is our wish for Abigail, and LOVE is making it possible."

--- Sincerely Norma Schulze Proud Mom

We'd **LOVE**  to have your  
DONATION .....

Name \_\_\_\_\_


Street \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Email \_\_\_\_\_

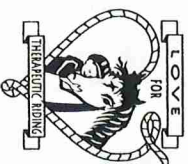
Preferred Phone \_\_\_\_\_

\*We will not share your information with any other organization or individual.

 \$50    \$100    \$500

 Other \_\_\_\_\_

 I would love to volunteer



**LOVE for Therapeutic Riding**

Mailing Address:

PO Box 1883

Beaufort, SC 29901

Phone: 843-252-1232

E-mail: [info@LOVEforTherapeuticRiding.org](mailto:info@LOVEforTherapeuticRiding.org)

[www.LOVEforTherapeuticRiding.org](http://www.LOVEforTherapeuticRiding.org)

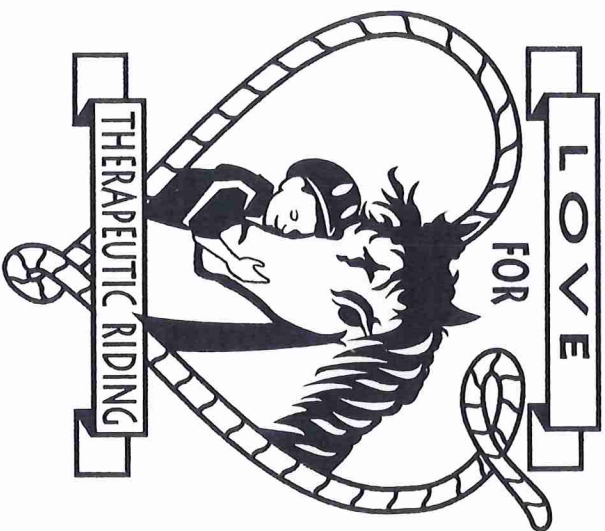


**Special Olympics**  
South Carolina



## Mission Statement

With the Lord's help,  
**LOVE for Therapeutic Riding** will  
enhance the quality of life for our physically,  
mentally, emotionally or socially challenged  
young riders with safe, sequentially planned  
equine assisted activities, professionally taught  
in our Beaufort SC area.



## LOVE for Therapeutic Riding

Tax ID 26-2965095

a faith-based, non-profit program

Physical Address:

38 Yard Farm Road  
St. Helena Island, SC 29920

Mailing Address:

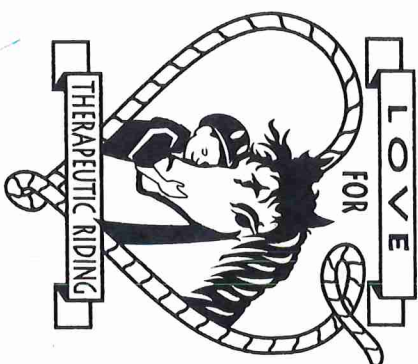
PO Box 1883  
Beaufort, SC 29901

Phone: 843-252-1232

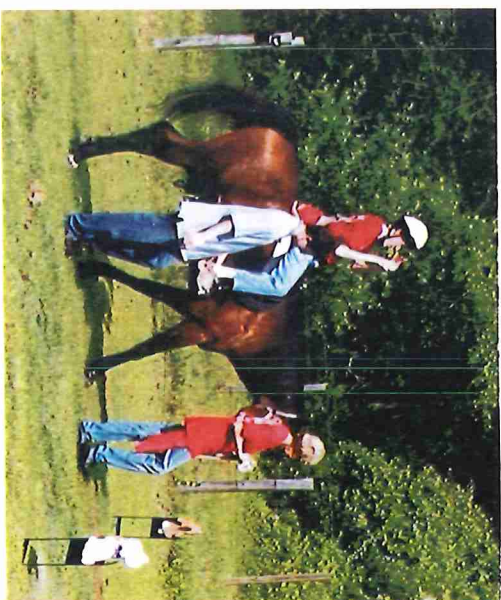
E-mail: [info@LOVEforTherapeuticRiding.org](mailto:info@LOVEforTherapeuticRiding.org)

[www.LOVEforTherapeuticRiding.org](http://www.LOVEforTherapeuticRiding.org)

## LOVE for Therapeutic Riding



Is a non-profit member  
center of PATH International,  
a leader in Equine Assisted  
Activities and Therapies.



Tel: 843-252-1232