

# HOW CAN COUNSELING & PSYCHIATRY HELP YOU?

We offer a variety of appointment types to match your needs.  
Due to COVID-19, how we provide some of our services has changed.

## “I’M STRUGGLING, BUT CAN WAIT FOR AN APPOINTMENT.”

### Virtual Triage Appointment

- I’m here to see how counseling can help me
- I want to discuss ongoing counseling options

Appointment online  
at [sc.edu/myhealthspace](https://sc.edu/myhealthspace)

## “AM I THE ONLY ONE FEELING THIS WAY?”

### Virtual Group Counseling

- I want to learn skills to cope with my anxiety, depression or eating concern
- I’d like to meet others who have similar concerns

Appointment online  
at [sc.edu/myhealthspace](https://sc.edu/myhealthspace)

## “COULD MEDICATIONS HELP ME?”

### Virtual Psychiatry Appointment

- I want to talk about options
- I’m taking ADD/ADHD meds and have questions
- What if I think my medication needs to change?

Appointment online  
at [sc.edu/myhealthspace](https://sc.edu/myhealthspace)

## “ARE THERE ANY ONLINE OPTIONS I CAN USE?”

### Online Support

- I’d like to see a therapist online (TAO)
- How can I help others? (Kognito)
- How do I know I need help? (ISP)

Visit our Online Services  
webpage to learn more:  
[bit.ly/SHSonline](https://bit.ly/SHSonline)

## “HOW DO I LEARN ABOUT SELF CARE.”

### Virtual Wellness & Prevention

- I’d like to learn how to meditate to reduce stress
- I want to get coached about my health habits
- How can I manage my stress better?

Appointment online  
at [sc.edu/myhealthspace](https://sc.edu/myhealthspace)

## “I NEED TO SEE SOMEONE TODAY.”

### Walk-In Appointment

Mon.-Fri., 8 a.m.-5 p.m.,  
Sun., 2-8 p.m.

- I’m not sure that I can keep myself safe
- Something terrible has happened to me recently
- Things are becoming unmanageable

Call 803-777-5223 before walk-in.

## EMERGENCIES

If you are experiencing a life-threatening emergency, please call 911 or go to the nearest emergency room.

Mental health services are available 24/7 to UofSC students who are in distress. Call 803-777-5223 at any time to receive direct support, be referred to immediate help or if you’re concerned about a student.

[sc.edu/healthservices](https://sc.edu/healthservices)

Mon.-Fri., 8 a.m.-5 p.m., Sun., 2-8 p.m. (subject to change)



**Student Health Services**  
University of South Carolina



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