

SOMETIMES
LIFE HURTS





WE CAN HELP

Palmetto Health is the largest private provider of behavioral health services in South Carolina, and one of the largest in the southeastern United States. Our system offers the most comprehensive array of psychiatric and addictions services in South Carolina to meet the needs of children, adolescents, adults and seniors. We offer many inpatient and outpatient treatment options for those struggling with psychiatric illnesses or addiction.



Life isn't always easy.

Sometimes it's overwhelming. Stress from job pressures, family conflicts, the loss of a loved one or other major life changes can be hard to handle alone and can sometimes trigger or worsen a behavioral health problem or addiction.

It's important to know that behavioral health illnesses such as depression, bipolar disorder, anxiety disorders and addiction are medical diseases just as real as diabetes, heart disease or cancer. They often are caused or worsened by chemical imbalances in the brain. Fortunately, just as there are treatments for diabetes, heart disease or cancer, there are effective treatments to help people with behavioral health illnesses recover.

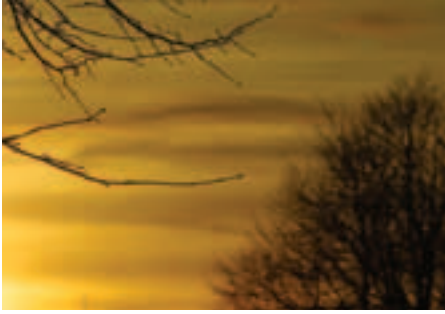
Anyone can be affected by a behavioral health problem. It could happen to a homeless man, your neighbor, your child, your spouse or even you. In any given year, nearly one in five adults suffers from a mental illness. One in 10 people have a problem with alcohol or drugs. Some people may be affected mildly, but others may be affected more severely.

A close-up, high-angle portrait of a woman's face, focusing on her eyes and lips. She has brown eyes and is looking slightly upwards and to the right. Her skin is smooth and has a natural glow. The lighting is soft and directional, coming from the right side, which creates a gentle shadow on the left side of her face. Her hair is dark and appears to be pulled back. The overall mood is calm and contemplative.

WHEN TO ASK FOR HELP

If you think you may be suffering from a behavioral health illness, you can talk to your primary care provider about your symptoms.

You may also talk with a counselor at Palmetto Health Behavioral Care's Assessment Center by calling 1-888-724-7888 or 803-434-4813 anytime.



For Depression

Everyone has endured a difficult period where life feels like a struggle. But how do you know when what you're feeling may be symptoms of clinical depression? Here's a list of symptoms. If any of these apply to you or someone you love, an evaluation by a medical professional may be helpful.

- I don't have much energy.
I feel slowed down.
- I blame myself for things.
- My appetite has changed. I don't feel like eating or I've been eating too much.
- I have a hard time falling asleep or staying asleep, or I want to sleep all the time.
- I feel hopeless about the future.
- I feel blue.
- I'm not interested in things I used to enjoy.
- I feel worthless.
- I've thought about committing suicide.
- I have a hard time concentrating.

For Addiction

Addiction is not a weakness, but a disease that affects people of all races, genders, ages and walks of life. There is hope. Research shows there is a biological component to addiction. And just as with other medical illnesses, with treatment people can get better. If you think you or someone you love may have an addiction problem, consider the following questions. If the answer to two or more of them is yes, an evaluation by a professional may help.

- Have you ever thought you should cut down on your drinking?
- Have you ever been annoyed when someone criticizes your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink early in the morning to steady your nerves or get rid of a hangover (an "eye-opener")?



HOW TO TALK TO SOMEONE YOU LOVE ABOUT GETTING HELP

If you are concerned about the drinking or drug use of someone you love, it's helpful to plan what you want to say before you talk to them. Here are some guidelines to keep in mind.



- **Don't talk to the person when they're drunk or high.** They cannot take in what you're saying. You may consider talking to them the next day, when they are remorseful and the impact of their use is fresh on their mind.
- **Be gentle and loving.** Avoid a confrontational approach. Talk about their good qualities and how important they are to you.
- **Be specific.** Present the facts about their use. Use "I" phrases like "I've noticed you drink a six-pack of beer after work everyday," or "I'm worried that you've become dependent on your pain pills." Avoid "you" phrases like "You're always drunk". Back up your concern with examples of how their using has caused problems for both of you, including the most recent incident.
- **Talk about how their use is affecting whatever is most important to them,** such as their children or their job. They may not care about their situation, but may be concerned about how their use is affecting those they love.
- **Realize that even if they are not willing to get help now,** you have planted a seed for recovery that may grow later.
- **Seek our resources for yourself** through NA, AA, AI-Anon, Alateen or your own minister, counselor, doctor or others knowledgeable about this issue. Even if your loved one is not ready to get help, you can get help for yourself.



WE OFFER HOPE

When someone's life is saved after a car accident or their new grandchild is born, they often talk to friends and neighbors about the great experience they had at Palmetto Health.

However, people who have struggled with depression or addiction may not feel as comfortable sharing their experience. So, while you may know a lot about the outstanding medical care available at Palmetto Health, you may not know as much about the exceptional behavioral health treatment we also provide.

We're Accessible

Many people in need of help for their behavioral health are not sure where to turn first. Taking that first step takes courage. We are here. Our Assessment and Referral Center staff is available to talk with individuals and their family members about emotional, psychiatric or alcohol and drug problems. Our goal is to help each person find the care that best suits his or her needs.

The Assessment and Referral Center is located at Richland Springs at 11 Medical Park Drive on the Palmetto Health Richland campus. Assessments are provided there for all patients seeking behavioral health treatment at Palmetto Health Behavioral Care, though patients may be referred for treatment services to either Palmetto Health Baptist or Richland Springs.

An assessment counselor is available 24 hours a day, seven days a week, by calling 803-434-4813 or 1-888-724-7888. Patients with an acute behavioral health need also can receive an assessment at either the Palmetto Health Baptist or Palmetto Health Richland Emergency departments.

We're Comprehensive

We provide a full range of treatment to care for people of all ages with emotional problems, psychiatric illnesses and addictions.

Day Treatment

Sometimes patients need more intensive care than can be provided through weekly individual services. For those patients, a structured outpatient program may be the right solution. We provide structured outpatient programs for both psychiatric and addictions treatment.

Psychiatric | The Day Treatment Program combines the intensity and structure of an inpatient hospital setting with the flexibility of returning home in the evenings. The Intensive Outpatient Program provides similar treatments and benefits as the Day Treatment Program, but meets fewer hours each day.

Addictions | Many people dealing with addiction are unable to attain or maintain sobriety on their own, and need the help of an outpatient program. Both individuals and their family members learn how to change unhealthy patterns of dealing with problems and enjoy a new life in recovery. Our intensive outpatient programs are medically supervised and provide group therapy based on the 12-step model, along with individual counseling and support.

The Adult Addictions Recovery Center offers intensive outpatient programs that meet four days per week.

The Adolescent Recovery Center offers

outpatient treatment for teens struggling with addiction. The program meets after school and on weekends and is medically supervised by a child psychiatrist with addiction training.

Inpatient Programs

When symptoms from behavioral health illnesses are severe, inpatient care may be needed. Inpatient treatment programs provide 24-hour medically supervised treatment. Patients benefit from individual and group therapy sessions, recreation therapies and medications. Treatment is directed by a psychiatrist or addictionologist. Psychological testing is available to help diagnose or learn more about a patient's condition. When patients are stable and ready to move to an outpatient setting, staff members help make arrangements with outpatient providers to continue their treatment and recovery. We offer inpatient treatment for:

- Adult Psychiatric Care on either the Crisis Stabilization or Affective Disorders Units
- Chemical Dependency (Addiction)
- Child and Adolescent Psychiatry
- Medical Psychiatry (for patients with a psychiatric and medical condition that both require treatment, many of whom are older adults)

Helpful Information

How to find us

Palmetto Health Behavioral Care offers assessment services 24 hours a day, seven days a week. You may reach an assessment counselor by calling 1-888-724-7888 or 803-434-4813.

Our assessment center is located at 11 Medical Park Drive on the Palmetto Health Richland campus. After hours, patients can see an assessment counselor at the Palmetto Health Baptist or Palmetto Health Richland Emergency departments.

Financial Concerns

Most private insurances and Medicare cover behavioral health services. We accept Medicaid for inpatient services only. The assessment counselor or business office staff can discuss your benefits with you.

Confidentiality

To ensure patients' privacy, each adult patient and the parent or guardian of minor patients will receive a code number upon admission. All visitors must have this code number in order to see their loved one, obtain information or leave a message for a patient. Patients (or parents or guardians of minors) are responsible for providing this code number to their family or friends.

For Your Comfort

In order to make their stay more comfortable we encourage patients to bring to the hospital:

- Several changes of comfortable clothes, such as jeans, slacks, shirts and appropriate undergarments. No shorts or halter tops.
- Shoes or slippers
- Pajamas
- Toiletries including items like a comb or hairbrush, toothbrush, toothpaste, deodorant, shampoo, hygiene products and make-up. Toiletries must be in plastic containers.
- List of current medications

Please do not bring the following items:

- Valuables such as jewelry or money.
- Electronic equipment with cords.
- Cell phones, cameras, computers, musical instruments or stuffed toys

palmettohealth.org

For more information about the behavioral health services offered at Palmetto Health Behavioral Care, please visit our website, palmettohealth.org.





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PATIENTS ARE ADMITTED TO THESE FACILITIES AND ARE RENDERED SERVICES WITHOUT DISTINCTION
DUE TO RACE, COLOR, NATIONAL ORIGIN, HANDICAPPING CONDITION OR AGE.

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