

Healing through Hope

A mental health newsletter from the Coastal Samaritan Counseling Center

Reduce the Stigma



The stigma that has been placed on mental health in the past and in recent times has prevented many people from seeking the treatment that they need. Some feel ashamed for their problems, or do not have an understanding on the concept. What most people do not know is that mental health issues are very common, and should be an open conversation topic.

1 in 5
adults suffer from a form of
mental illness.

20% of adults today struggle with various mental health issues, but only 41% seek treatment. If we begin to work to reduce the stigma by encouraging awareness and understanding to those around us, it will help our community tremendously.

Mental Health Tip:

Writing down your thoughts when you are feeling anxious or stressed out actually helps **reduce stress.**



Meet Jane Osment.

Clinical Director

Jane believes that counselors are to join people on their journey as they travel through life. They walk beside them and are present with them as they face the cycle of changing times.

It's that easy!

Step 1: Download the App

Step 2: Create Account

Step 3: Connect your Card

Step 4: Choose CSCC

Step 5: Make a Difference

Flourish



www.flourishchange.org



Save the Date!

Luncheon at Conference
Center at Barefoot Resort
Education - Luncheon - Fundraiser
September 17th, 2019

Stigma Zero Program

StigmaZero is a program designed to help business understand how to combat and handle mental health issues in the industry. It is designed to help break the stigma around mental health, and equip those in leadership positions with the resources and knowledge they need to help the different situations.

Reduction of mental health issues in the workplace will help productivity and employee moral tremendously. This training course offers the knowledge needed to combat and help with the issues that are happening within your business. Knowing how to handle different situations and be supportive will make a difference in the workplace. This course is designed to help break the stigma and create a great work environment.

Contact: Philip Keilen
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843-448-4820

Satellite Locations.

Loris Satellite Office

Loris United Methodist Church
3507 Broad Street
Loris, SC 29569,

Surfside Beach Satellite Office

Shepherd of the Sea
2637 US-17 BUS,
Murrells Inlet, SC 29576

Conway Satellite Office

Kingston Presbyterian Church
Educational Center
907 3rd Avenue
Conway, SC 29526

Little River Satellite Office

Little River United Methodist Church
1628 Highway 17
Little River, SC 29566

North Myrtle Beach Satellite Office

Ocean Drive Presbyterian Church
410 6th Avenue, South
North Myrtle Beach, SC 29582

Surfside Beach Satellite Office

Surfside United Methodist Church
800 13th Avenue North
Surfside Beach, SC 29587

**Reduce the Stigma
of mental health and
Business Owners**

50%

of business
owners struggle
with a mental
illness.

