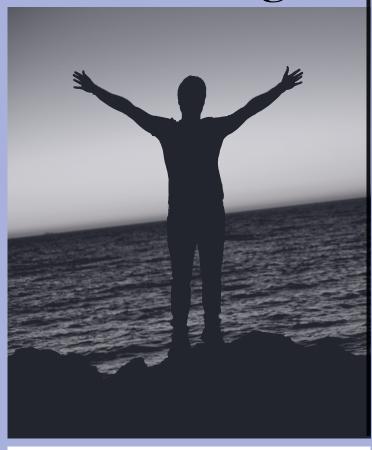
# Healing through Hope

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.

(843) 448-4820

www.coastalsamaritan.org

July 2019 Issue 1

## 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



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 pkeilen@coastalsamaritan.org 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



