

NAMI Greenville's [website](#) has a dedicated COVID-19 Resource section with General Information on COVID-19, Mental Health and COVID-19, Information for Parents, Information from NAMI and links to resources in Spanish. This page can be found at [www.namigreenvillesc.org/covid/](http://www.namigreenvillesc.org/covid/).

Additionally, NAMI Greenville offers free online support groups every Monday at 6:15pm. If you or a loved one are living with a mental health condition, consider getting connected and finding support from others in similar situations. More information on our virtual support groups can be found at [www.namigreenvillesc.org/online-support-groups/](http://www.namigreenvillesc.org/online-support-groups/).

The NAMI Helpline can be reached Monday – Friday from 10 AM – 6 PM at 1-800-950-6264.



- Mental Health America's COVID-19 Resource Page can be found at <https://mhanational.org/covid19>.
- Mental Health America's CrisisLine can be reached 24/7 at 864-271-8888.
- Teens: text "TEENline" to 839863 or call 864-467-8336.
- The National Suicide Prevention Lifeline can be reached 24/7 at 1-800-273-8255.

### South Carolina Department of Mental Health

- If you or someone you know is experiencing a mental health crisis, contact the [SC Department of Mental Health's Community Crisis Response and Intervention Team](#) 24/7 at 833-364-2274

### Other Resources-

- The United Way 2-1-1 Service Line is available 24/7 to provide information on food, shelter, access to healthcare, and transportation. Dial 2-1-1 to connect.
- The national [Disaster Distress Helpline](#) is available to anyone experiencing emotional distress. Call 1-800-985-5990 or text "TalkWithUs" to 66746 to speak to a trained crisis counselor.
- The [National Domestic Violence Hotline](#) can be reached 24/7 at 1-800-799-7233.
- The Hispanic Alliance has resources for Spanish speakers at [www.alianzahispanasc.com](http://www.alianzahispanasc.com).
- Get accurate news updates from reputable sources such as the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- The CDC's "[Stress and Coping](#)" page provides information on what stress can look like and tips to manage that stress during COVID-19.

A message from NAMI Greenville: In these difficult times, it's more important than ever to maintain your mental health. Reach out to loved ones, limit your media consumption, stay active and rested, and maintain a routine as much as possible. And remember: it's OK not to feel OK. Know that there are resources and people that can help. If you have any questions, email [info@namigreenvillesc.org](mailto:info@namigreenvillesc.org).