

You Are Not Alone

The COVID-19 pandemic has exacerbated an ongoing rise in reports of anxiety, depression, disruptive behavior and self-harm among youths, according to the Centers for Disease Control and Prevention (CDC).

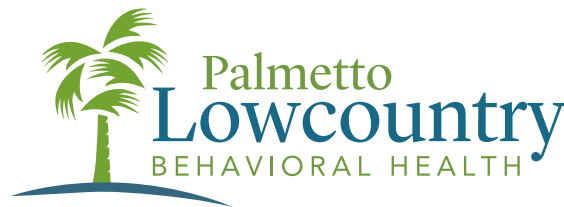
How do I know my teen needs help?

Struggling teens frequently exhibit one or more symptoms that can include:

- Depression
- Thoughts of suicide
- Self-harm
- Rapid mood swings
- Inappropriate sexual behavior
- Thoughts of hurting others
- Alcohol or drug use
- Withdrawal from family/friends/school
- Runaway behavior
- Inability to maintain personal relationships
- Failure to resolve issues in outpatient counseling

We are here to help.

Referrals can be made by physicians, therapists, ministers, social service agencies or family members, 24 hours a day, 7 days a week. Call **843-747-5830** today for more information or to schedule an assessment.



2777 Speissegger Drive
Charleston, SC 29405
843-747-5830 or toll-free 877-947-3223
palmettobehavioralhealth.com

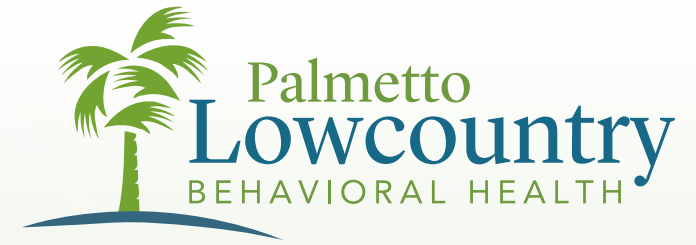
Find us on 



Note: Photos were taken prior to the COVID-19 precautions currently in place. COVID-19 protocols remain in effect at Palmetto Lowcountry Behavioral Health; masks must be worn while in our facility.

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Physicians are on the medical staff of Palmetto Lowcountry Behavioral Health, but, with limited exceptions, are independent practitioners who are not employees or agents of Palmetto Lowcountry Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 221664-2329 10/22



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Treatment for Adolescents

Specialized inpatient program

Helping Teens Get Back on Track

We recognize that the teen years are a time of discovery and excitement – but the unique challenges that face these age groups can lead to confusion, stress and misbehavior. Our inpatient program for teens, ages 12 to 17, provides mental health treatment with a positive, stable and compassionate environment for youth to work through issues that led to hospitalization.

Our program is designed to provide patients with effective ways of coping, while parents have the opportunity to enhance the skills needed to guide their children.



What can I expect while my teen is in treatment?

Treatment plans are based on thorough mental health assessments. Therapists work to identify problems that are affecting behavior. The goal of treatment is to use new tools to increase functioning and help teens make a successful transition back home, to school or to a day therapy program.

We provide:

- Extensive group therapy with professional clinicians
- Activity therapy
- Family sessions
- Medication evaluation and education (if required)
- Aftercare planning

The multidisciplinary treatment team includes a psychiatrist, nursing staff, a licensed mental health therapist and a recreational therapist.

Assessments

The caring staff at Palmetto Lowcountry Behavioral Health is here to help. Most insurance plans are accepted, including TRICARE®.

We offer:

- No-cost assessment by a master's-level clinician
- Referrals to alternate specialists and community resources, if needed
- Walk-ins accepted
- Physician referrals are not required

We understand that deciding to seek treatment for your child can be one of the hardest decisions you will ever have to make. We are here to help make the process easier. To find out how we can help your teen, reach out to us today at **843-747-5830** or toll-free **877-947-3223** or visit **palmettobehavioralhealth.com**.

