

## You Are Not Alone



### Here are some numbers to consider:

- In 2020, there were an estimated 52.9 million adults aged 18 or older in the U.S. who struggle with a mental health issue.
- Estimates suggest that only half of people with mental illnesses receive treatment.
- Around 1 in 4 individuals with serious mental illness also struggle with addiction.

You don't have to let symptoms from mental illness prevent you from living a fulfilling, happy life. Mental illness doesn't have to stop you, and the experienced team of professionals at Palmetto Lowcountry Behavioral Health can help with a variety of outpatient program options that may be right for you.

*According to the National Institute of Mental Health and the National Institute on Drug Abuse*

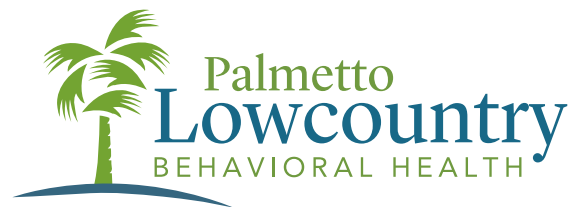
## How Do I Access Outpatient Services?

We encourage you to call our experienced assessment team for a no-cost evaluation to see if one of our programs can help you or a loved one. Call **843-747-5830** today and ask to speak to a Needs Assessment Counselor. The caring staff at Palmetto Lowcountry Behavioral Health is here to help. Most insurance plans are accepted including TRICARE®. Our financial counselors will work to help with self-pay options.



### Directions from I-26

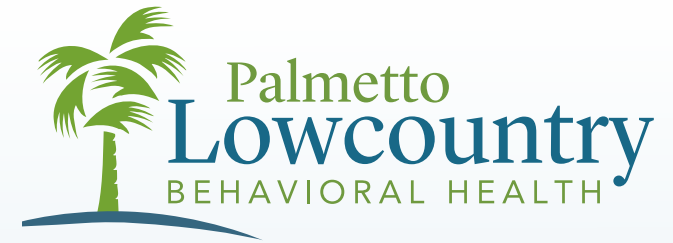
Take exit 216B onto Cosgrove Avenue (SC-7 North). Take your first right onto Azalea Drive. In 0.7 miles, turn right onto Baker Hospital Boulevard, and then take your first right onto Speissegger Drive. Palmetto Lowcountry Behavioral Health is located at the end of Speissegger Drive.



**Contact Us for More Information**  
**843-747-5830 or toll-free 877-947-3223**  
[palmettobehavioralhealth.com](http://palmettobehavioralhealth.com)



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## Outpatient Programs

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

# What Are Half-Day and Full-Day Outpatient Programs?

The Intensive Outpatient (half-day) and Partial Hospitalization (full-day) Programs at Palmetto Lowcountry Behavioral Health provide our clients a very structured environment with varied treatment components designed to let individuals continue living at home versus checking into an inpatient program. Individuals often thrive within this structure where they benefit from living at home with the potential to continue with work, school, religious programs and other daily activities. Clients in Palmetto Lowcountry Behavioral Health's outpatient programs can take the skills they have learned during the day and begin to implement them into their lives.



## Who Can We Help?

Palmetto Lowcountry Behavioral Health offers programs that can help benefit adults ages 18 and up suffering from a variety of mental illnesses including anxiety, depression and issues related to substance use. These programs include:

**Partial Hospitalization Program (PHP):**  
Meets Monday through Friday from 8:30 a.m. to 3:00 p.m. with lunch provided. Weekly yoga instruction is included along with a weekly multi-family support group.

**Intensive Outpatient Program (IOP):**  
Meets Monday through Friday from 8:30 a.m. to 11:30 a.m. including a weekly multi-family support group.

**CARE Program (Counseling for Addictions and Recovery Education):**  
Day Program: Meets Monday through Friday, 9:00 a.m. to 12:00 p.m.  
Weekly multi-family support group included for Day Program.

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## What Can I Expect?

Clients in the Palmetto Lowcountry Behavioral Health outpatient programs will have an opportunity to participate in a variety of activities throughout their treatment. A typical day could include:

- Morning check-in to reflect on the previous night, discuss daily goals to alleviate symptoms, and work on coping skills development for the identified needs
- Cognitive behavior therapy group to help individuals develop new ways of thinking which can help to better understand their emotions, thoughts, and triggers for relapse
- Educational groups focused on a specific topic like effective habits for better sleep, relapse prevention, etc.
- Daily wrap-up group to reflect on the skills learned during the day, and how to implement those skills into everyday life

