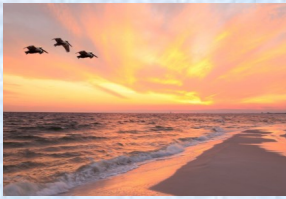


THE BERKELEY COMMUNITY MENTAL HEALTH CENTER



C. H. E. E. R.



* Community * Health * Education * Empowerment * Resources *

SERVICES (payment plan for those who qualify):

- Crisis Intervention
 - Individual Therapy
 - Adult Peer Support
 - Family Therapy
 - Child/Teen Therapy
 - Children's School-Based Intervention
 - Psychiatrist & Nurse Visits
 - Supported Employment (IPS)
 - Care Coordination
 - Medication Financial Assistance
- GROUP THERAPIES**
- Health & Wellness
 - Grief and Loss
 - Recovery for Life
 - Recovery In Motion
 - Youth In Transition
 - Social Skills Group for Girls
 - Stress Relief
 - Dialectical Behavior Therapy (DBT)
 - Parenting

Suicide Hotline

Phone Numbers

2-1-1

1-800-273-8255 (1-800-273-TALK)

or Text to 838255

1-800-784-2433 (1-800-SUICIDE)

Or Text to 741741

1-866-488-7386 (for LGBTQ youth)

9-1-1

What is your Level of Care?

Berkeley Mental Health Center

Recovery Levels of Care

Your Recovery begins on Step One!

Your Treatment Team will consult with you to match the right amount of care and the best types of treatment based on your needs and desires to help you heal faster.



Our Center uses a System of Six Care Levels to determine which services you will receive and how often you will receive them.

Early in treatment, you may receive more care more often to help you recover. Most patients receive a combination of individual, family and group therapy because it works faster!

As you get better, you will "step" to the next level and your treatment will change.

Talk with your Counselor about your Level of Care!

IPS:

Individual Placement And Support Program

A Joint Venture with

South Carolina Vocational Rehabilitation

Philosophy: The IPS Program philosophy is that everyone has the potential to work given the proper employment placement and support.

Program Components

Supported Employment: Provides ongoing support services or extended services to enable persons who are recovering with a disability to work in an integrated work setting.

Support Services include:

- ◆ Peer Support
- ◆ Resume Writing
- ◆ Interviewing Skills
- ◆ Career Exploration
- ◆ Benefits Counseling



"I skate to where the puck is going to be, not where it has been."

~ Wayne Gretzky

Visit our web site at

www.berkeleymentalhealth.org

Heat Exhaustion

is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

Symptoms include:

Confusion, dark-colored urine, dizziness, fainting, fatigue, headache, muscle or abdominal cramps, nausea, vomiting, diarrhea, pale skin, profuse sweating, rapid heartbeat.

Treatment:

It is essential to immediately get out of the heat and rest. Drink plenty of fluid (avoid caffeine and alcohol). Remove any tight or unnecessary clothing. Take a cool shower or bath. Apply other cooling measures such as fans or ice towels. *If such measures fail to provide relief within 15 minutes, seek emergency medical help.**

Heat Stroke

is the most serious form of heat injury and is considered a medical emergency. **Call 911 immediately.**

Symptoms include:

Throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red/hot/dry skin, muscle weakness or cramps, nausea & vomiting, rapid heartbeat, rapid/shallow breathing, behavioral changes such as confusion/disorientation/staggering, seizures, unconsciousness.

Treatment:

Call 911 or transport to a hospital. Any delay seeking medical help can be fatal. While waiting for the paramedics, move to an air-conditioned environment or cool, shady area, remove any unnecessary clothing. *

***Source: WebMD*

www.webmd.com

NAMI MEETINGS

**For Individuals in Recovery*

**For Family members of People Recovering from Mental Illness*

Moncks Corner

**Both Groups meet*

1st Tuesday of every month from 6:00-7:30pm

Moncks Corner Baptist Church

500 E Main St

**Individuals in Recovery only*

4th Thursday of every month from 1:30-2:30pm

Berkeley Community Mental Health Center

403 Stony Landing Rd

NEW

Summerville

**Both Groups meet*

3rd Monday of every month from 6:00-7:30pm

Bethany United Methodist Church

118 West Third South St

Hurricane season is May 15–Nov. 30

Before the storm:

*Stock up on emergency supplies: food, water, medicine, personal care items, car emergency kit (for a list, visit www.ready.gov)

During the storm:

- *Stay indoors, away from windows and doors, in a small room or closet on the lowest level
- *Do not be fooled if there is a lull—it could be the eye of the storm—winds will pick up again
- *Avoid elevators

After the storm:

- *Do not drink or prepare food with tap water until you're sure it's not contaminated.
- *Check the refrigerator for spoiled foods. If in doubt, throw it out.
- *Use battery-powered flashlights in the dark. Turn the flashlight on outside the building before entering—the battery may produce a spark that could ignite leaking gas inside. Do NOT use candles.
- *Never use a generator inside homes, garages, crawlspaces or sheds, even when doors are open or using fans for ventilation. Deadly levels of carbon monoxide can build up.
- *Watch out for fallen electrical wires and debris on the ground inside and outside the building. Use a stick to poke through debris.
- *Check for gas leaks and structural damage. Stay out of the building if you smell gas or if authorities have not declared it safe yet.
- *Take pictures of damage for the insurance company.
- *Drive only if necessary. Avoid flooded roads and bridges. Bridge walls may be unstable.

<http://www.ready.gov/hurricanes>