



UNITED WAY
Piedmont

SPARTANBURG, CHEROKEE, & UNION COUNTIES

BEHAVIORAL HEALTH RESOURCE GUIDE

UPDATED JUNE 2025

At United Way of the Piedmont, we believe that everyone deserves the opportunity to thrive. We advance healthy communities, youth opportunity, community resiliency, and financial security for Spartanburg, Cherokee, and Union counties of South Carolina.

This Resource Guide is made possible thanks to the support of our Spartanburg Behavioral Health Task Force, a collaborative team of local experts dedicated to building partnerships, securing funding, and implementing strategies to address the behavioral and mental health needs of Spartanburg County. While not exhaustive, the guide serves as a valuable reference for service providers in the region. If you would like your organization to be included, please contact agood@uwpiedmont.org

Learn more about our work and other resources at www.uwpiedmont.org.

HELP & CRISIS LINES

If you or someone you know is struggling emotionally, is in crisis, or needs someone to talk to, please do not hesitate to reach out for support. In case of emergency, call 9-1-1 immediately.

988 Suicide Prevention Lifeline

Call or text: [988](tel:988)

Chat: chat.988lifeline.org

TTY: Use your preferred relay service or dial 711, then 988

Crisis Text Line

Text: "HOPE4SC" or "AYUDA" to 741741

SAMSHA Substance Abuse National Hotline

Call: 1-800-622-HELP (4357)

SCDMH Mobile Crisis 24/7 Line

Call: 833-364-2274

Email: mobilecrisis@scdmh.org

SC Deaf & Hard of Hearing Crisis Line

Email: deafhotline@scdmh.org

Videophone: 803-339-3339

Postpartum Support International

Call or text: 1-800-944-4773

Text en Español: 971-203-7773

National Domestic Violence Hotline

Call: 1-800-799-7233

Text: "START" to [88788](tel:88788)

Julie Valentine Center Crisis Hotline (Sexual Assault & Abuse Support)

Call: 864-467-3633

Chat: www.hotline.rainn.org/julie-en

Love is Respect (Domestic Violence Support)

Call: 1-866-331-9474

Text: "LOVEIS" to 22522

TTY: 800-787-3224

Project R.E.S.T. 24-Hour Hotline

Call: 864-583-9803 or 800-273-5066

Safe Harbor 24/7 Crisis Support Line

Call: 801-444-9161

Trevor Project Helpline (LGBTQ+)

Call: 1-866-488-7386

Text: "START" to 678-678

Chat: <https://chat.trvr.org/>

Trans Lifeline

Call: 1-877-565-8860



Get Connected. Get Help.™

SC 211 serves as a safety net for all individuals needing help finding assistance, by helping improve the effectiveness and coordination of health and human services across the state. The statewide program provides information about and referral to health and human service resources. The free and confidential service is available 24/7, 365 days per year.

RESOURCES FOR GREENVILLE COUNTY

If you need resources outside the United Way of the Piedmont's service area, we recommend the Community Resource Directory produced by the Greenville County Wellness Association at <https://www.wbpgreenville.org/news-updates>.



SHARPEN FAMILY

Sharpen Family is a free mental health and wellness platform designed to support the emotional well-being of families and individuals of all ages. It provides access to over 400 evidence-based educational modules on topics such as mental wellness, eating disorders, parenting, trauma, veteran support, financial health and more.

Downloading the app or accessing it through a desktop browser is easy. Simply click the link below!

[Download the Sharpen app](#)

TABLE OF CONTENTS

Keyword Glossary.....	1
Tri-County & State Resources	2
Cherokee County.....	7
Spartanburg County	9
Spartanburg County Rehabilitation & Recovery.....	9
Spartanburg County Support Services.....	12
Spartanburg County Therapy	15
Union County.....	28

- Youth/Adolescent services
- Spanish services/interpreters available
- Other language services/interpreters available

KEYWORD GLOSSARY

Each entry includes keywords that allow you to quickly search for specific services or resources in this guide. If you are on the web, you can use CTRL+F (Windows) or CMD+F (Mac) to search.

Therapeutic Services

- ABA therapy (Applied Behavior Analysis)
- Accelerated Resolution Therapy
- CBT (Cognitive Behavioral Therapy)
- Counseling
- Crisis counseling
- DBT (Dialectical Behavior Therapy)
- EMDR (Eye Movement Desensitization and Reprocessing)
- Equine therapy
- Family therapy
- Group therapy
- Individual therapy
- Parenting classes
- Play therapy
- Relationship counseling
- Trauma
- Vocational rehabilitation

Treatment & Recovery

- Assessment
- Case management
- Community education
- Drug screening
- Harm reduction
- In-patient hospitalization
- Medication
- Medication-Assisted Treatment (MAT)
- Out-patient treatment
- Peer support
- Psychiatry
- Recovery
- Substance use disorders
- Support
- Support groups
- Telehealth
- Training

Populations & Support Areas

- Abuse
- BIPOC
- Individuals with disabilities
- Domestic violence
- LGBTQ+
- Veterans

TRI-COUNTY & STATE RESOURCES

● Able South Carolina †

- A disability-led and community-based organization that equips people with disabilities with tools to foster pride and direct their own lives, educating the community and advocating for access, equity, and inclusion.

Address: 135 Edinburgh Ct., Suite 101, Greenville, SC 29607

Phone: 864-235-1421 or 800-681-7715

TTY: 864-412-8522

Website: www.able-sc.org

Services: Community education, disability, domestic violence, peer support, training & vocational rehabilitation

● AccessHealth Spartanburg

Provides care coordination and care navigation for uninsured adults living at 200% (or lower) of the federal poverty level and is designed to be a link between the uninsured and local care providers. [*Typically, a 48 hour wait for service.*]

Website: www.accesshealthspartanburg.org

Services: Case management

Free to residents of Cherokee, Spartanburg, and Union counties at or below 200% of the federal poverty level.

Spartanburg County

Office (Main): 501 Howard St., Suite B, Spartanburg, SC 29303

Phone: 864-560-0190

Cherokee County Office:

1530 North Limestone St., Gaffney, SC 29340

Phone: 864-487-1520

Union County Office:

322 West South St., Union, SC 29379

Phone: 864-301-2563

● Children's Advocacy Center of Spartanburg, Cherokee & Union

The CAC offers forensic evaluations and therapeutic services for children who have experienced abuse, as well as counseling and support for non-offending caregivers.

Referrals from DSS and/or law enforcement required.

Address: 100 Washington Place, Spartanburg, SC 29302

Phone: 864-515-9922

Email: info@cacsp.org

Website: www.cacsp.org

Services: Family therapy, individual therapy, support & trauma

● Compass of Carolina

Offers an array of services and programs led by licensed behavioral health therapists and counselors including a representative payee program for vulnerable citizens, individuals with disabilities and veterans.

Address: 850 S. Pleasantburg Drive, Suite 202, Greenville, SC 29607

Phone: 864-467-3434 or 800-203-9692 [toll free]

Email: info@compassofcarolina.org

Website: www.compassofcarolina.org

Services: Domestic violence, family therapy, individual therapy, relationship counseling & veterans

● Fostering Great Ideas

Offers foster care support services for children, their families, and their caregivers, at every point of the foster care journey.

Email: connect@fqi4kids.org

Website: <https://fqi4kids.org/>

● **National Alliance on Mental Illness (NAMI) Spartanburg**

NAMI offers free community education, support groups and advocacy for individuals with mental illness and their families in Spartanburg, Cherokee and Union counties.

Address: 358A Serpentine Drive, Spartanburg, SC 29303

Phone: 864-406-8126

Website: www.namispartanburgsc.org

Services: BIPOC, community education & support groups

Piedmont Care, Inc.

Provides treatment and support services to people living with HIV/AIDS and HIV prevention services such as free HIV testing, condom distribution and education.

Address: 101 North Pine Street, Suite 200, Spartanburg, SC 29302

Phone: 1-866-454-7773 [toll free]

Medical Care Direct Line: 864-699-9581

Website: www.piedmontcare.org

Services: Case management, counseling, healthcare, support group, support

● **Project R.E.S.T**

Nonprofit providing services to victims of domestic violence in Spartanburg, Cherokee and Union counties and victims of sexual assault in Spartanburg and Cherokee Counties.

Formerly SAFE Homes Rape Crisis Coalition.

Phone: 864-523-9803 or 864-273-5066 [24/7 hotlines]

Website: www.projectrest.org

Services: Case management, community education on domestic violence and sexual assault, crisis counseling, family individual therapy, individual therapy, resources, support groups, telehealth & training

Lynn Hawkins Center (Main Office): 236 Union St, Spartanburg, SC 29302

Spartanburg County Office: 180 Magnolia St, Spartanburg, SC 29306 (third floor)

Cherokee County Office: 1612 N Limestone St, Gaffney, SC 29340

Union County Office: 300 E South St, Union, SC 29379

● ReGenesis Health Care †

- Nonprofit offering affordable, comprehensive healthcare for the entire family in Spartanburg, Cherokee and Union counties.

Locations: www.myrhc.org/our-locations

Phone: 864-582-2411

TTY: Dial 711 then 864-582-2411

Website: www.myrhc.org

Languages: Translation services available for multiple languages including Russian

Services/Specialty: Health care, medication, medication-assisted treatment (MAT), pharmacy & psychiatry

For all services, please visit the website.

● Spartanburg Area Mental Health Centers †

- SC Department of Mental Health community center focused on recovery for adults, children and families affected by serious mental illness and emotional disorders in Spartanburg, Cherokee and Union counties.

Interpreter services and language assistance are available for everyone.

Website: www.sparmh.org

Deaf/Hard of Hearing Email: deafhotline@scdmh.org

Insurance accepted: Medicaid & most major insurance

Payment: Sliding scale offered based on eligibility

Services: Case management, family therapy, individual therapy, out-patient treatment, peer support, psychiatry & telehealth

Cherokee County Office:

133 Wilmac Road, Gaffney,
SC 29341
864-487-2710

Spartanburg County

Office: 250 Dewey Ave.,
Spartanburg, SC 29303
864-585-0366

Union County Office:

130
Med. Sciences Drive, Union,
SC 29379
864-427-1224

● SC Vocational Rehabilitation Department

South Carolina agency focused on helping individuals with barriers achieve employment success.

Website: www.scvrd.net

Services: Vocational rehabilitation & individuals with disabilities

Gaffney Office: 364
Huntington Road, Gaffney,
SC 29341

Phone: 864-489-9954 or
866-451-1481 [toll free]

Lyman Office: 180 Groce
Road, Lyman, SC 29365

Phone: 864-249-8030 or
888-322-9391 [toll free]

Spartanburg Office 353 S.
Church St., Spartanburg, SC
29306

Phone: 864-585-3693 or
866-451-1480 [toll free]

Jonesville Office: 131 North
Main St., Jonesville, SC
29353
864-475-5000

CHEROKEE COUNTY

[Click here to view Spartanburg Regional's Cherokee County Mental Health Resource Guide.](#)

● Cherokee County Commission on Alcohol and Drug Abuse (CCCADA)

Offers counseling and support for adolescents and adults dealing with substance use and addiction.

Address: 201 W Montgomery St., Gaffney, SC 29341

Phone: 864-487-2721

Website: www.cherokeerecovery.com

Insurance accepted: Medicaid & most major insurance

Services: ASDAP, community education, domestic violence, drug screening, group therapy, medication-assisted treatment (MAT), out-patient treatment & rehabilitation

FAVOR Piedmont

Leading organization for recovery in the Piedmont region. Provides and supports community-based care and peer support resources for individuals and families suffering with substance abuse disorders.

Address: 54 Marina Road, Suite 301A, Lake Wylie, SC 29710

Phone: 803-766-0502

Email: info@favorpiedmont.org

Website: www.favorpiedmont.org/cherokee-county/

Services: Community education, counseling, crisis assistance, group therapy, harm reduction, peer support, recovery, substance use disorders & training

● Outside of the Box Therapy

Diverse team of therapists who offer a range of modalities, perspectives, and therapeutic approaches.

Address: 206 West Meadow St., Gaffney, SC 29341

Phone: 864-597-9493

Email: officemanager@outsideoftheboxtherapy.com

Website: www.outsideoftheboxtherapy.com

Services: Counseling, DBT, EMDR, family therapy, individual therapy, play therapy, relationship counseling & telehealth

SPARTANBURG COUNTY

Spartanburg County Rehabilitation & Recovery

BHG Spartanburg Treatment Center

Out-patient clinic that specializes in opioid treatment and works with adults who need support and treatment for their substance use disorder.

Address: 239 Access Road, Spartanburg, SC 29303

Phone: 864-535-7291 or 844-535-7291 [toll free]

Website: www.bhgrecovery.com

Insurance accepted: Medicaid, Medicare, Aetna, BCBS, Humana, Molina & United Health Care/Optum

Services: Counseling, family therapy, group therapy, individual therapy, medication-assisted treatment (MAT), out-patient treatment & recovery

Faith Home Inc. Christian Rehabilitation for Alcoholics & Addicts

Provides rehabilitation for individuals with substance use disorders through an 8-week residential Christ-centered and 12-step recovery program.

Men's Facility: 180 Battleground Road, Cowpens, SC 29330

Phone: 864-223-0694

Email: faithhomegwd@msn.com

Website: www.faithhomegwd.net

Services: Rehabilitation

FAVOR Upstate

Offers free recovery services for individuals and families suffering with substance abuse.

Address: 1 Real Estate Way, Spartanburg, SC 29302

Phone: 864-308-8159

Email: matthew@favorupstate.org

Website: www.favorupstate.org

Services: Harm reduction, peer support & support groups

● The Forrester Center for Behavioral Health †

- Provides a full continuum of behavioral health services for adults and adolescents, including prevention, intervention, treatment, and recovery support. Treatment options are personalized to meet the unique needs of everyone. Walk-in assessments are available and individuals experiencing withdrawal are prioritized and seen immediately. The organization also offers a comprehensive Peer Recovery Program, where trained peers guide and assist individuals as they progress through recovery.

Walk-in assessment hours are Monday-Thursday 8:30AM – 2PM and by appointment on Fridays.

Address: 129 Dillon Drive, Spartanburg, SC 29307

Phone: 864-582-7588

Website: www.theforrestercenter.org

Languages: Translation services available for multiple languages

Services: ASDAP, assessment, medication-assisted treatment (MAT), peer support, out-patient treatment & rehabilitation

[Clients are not turned away due to their inability to pay.](#)

GoForth Recovery

Provides a structured, gender-specific, min. 6-month addiction recovery program and residential transitional living home for people facing substance use disorders (SUD), including alcohol and drug dependency.

Address: 282 S Church St, Spartanburg, SC 29306

Men's Program Phone: 864-586-5885

Women's Program Phone: 864-804-8671

Email: info@goforthrecovery.com

Website: www.goforthrecovery.com

Services: Case management & rehabilitation

Mel-Med

Medication-assisted recovery for alcohol, opiates, and tobacco. Telemedicine available as well as trans-hormone maintenance, out-patient detox, and Vivitrol® and Sublocade® injections.

Address: 1451 E Main St #2A, Spartanburg, SC 29307

Phone: 864-586-3979

Email: fritschemd@Mel-Med.com

Website: www.mel-med.com

Insurance accepted: Superbill provided for client insurance filing

Services: Addiction treatment, detox, harm reduction, LGBTQ+, medication-assisted treatment (MAT), recovery & telehealth

Palmetto Carolina Treatment Center, LLC

Specializes in opiate addiction treatment through Medication-Assisted Treatment (MAT) and counseling.

Address: 325 Inglesby Pkwy Unit F, Duncan, SC 29334

Phone: 864-433-8443 or 864-553-6365 [after hours]

Website: www.carolinatreatmentcenters.com

Insurance accepted: Medicaid, Medicare & most major insurance

Services: Case management, counseling, drug screening, medication-assisted treatment (MAT), out-patient treatment & recovery

Spartanburg County Support Services

● The Carolina Center for Behavioral Health

Provides in-patient hospitalization for ages 12 and up. Dually licensed in psychiatric and substance abuse care. Offers partial hospitalization programs as well as intensive out-patient programming.

Address: 2700 East Phillips Road, Greer, SC 29650

Phone: 864-235-2335

Website: www.thecarolinacenter.com

Insurance accepted: Medicare, Medicaid, TRICARE & most major insurance

Services: In-patient hospitalization, out-patient treatment, psychiatry, substance use disorders & telehealth

● Carolina Family Services

Offers counseling and mental health services for all ages, medication management and in-home behavioral skills services.

Address: 115F Southport Road, Spartanburg, SC 29306

Phone: 864-283-0637

Email: intake@carolinafamily.org

Website: www.carolinafamily.org

Insurance accepted: Medicaid

Services: Counseling, out-patient treatment & psychiatry

● Eubanks Peer Support Living Room

A safe space where individuals 16 years and older can find support and resources to prevent a behavioral health crisis.

Appointments available but not required.

Address: 358A Serpentine Drive, Spartanburg, SC 29303

Hours: 11:30 AM – 8:00 PM Monday thru Friday

Phone: 864-591-3501

Website: www.sparmhc.org/programs/eubanks-center

Services: Support

Mental Health America of Spartanburg

Provides advocacy, education, and training workshops about mental illness for the community.

Phone: 864-345-0014

Email: info@mhaspartanburg.org

Website: www.mhaspartanburg.org

Services: Education & Training

New Day Clubhouse

Provides a day program for adults 18 and older who are diagnosed with persistent mental illness. Additionally, supports education, employment, housing, and social opportunities for members through referrals from area mental health providers.

Address: 325 S Church St, Spartanburg, SC 29306

Phone: 864-528-5431

Website: www.ndclubhouse.com

Insurance accepted: Medicaid

Services: Support

Resiliency Technologies

Developed the Sharpen Platform with evidence-based digital mental health literacy and resiliency toolkits. Additionally, they have launched a digital therapeutic product that integrates into electronic health records to provide patients with digital CBT interventions.

[Download the Sharpen App](#)

Website: www.sharpenminds.com

Email: tfarrell@sharpenminds.com

● St. Luke's Free Medical Clinic

Offers free quality health care (primary medical care, physician-ordered medications, mental health counseling and patient education) to uninsured Spartanburg County residents.

Address: 162 North Dean Street, Spartanburg, SC 29302

Phone: 864-542-CARE (2273)

Email: info@slfmc.org

Website: www.slfmc.org

Services: Counseling & healthcare

Upstate Warrior Solution

Serving veterans, military members, first responders and their families in Upstate SC.

Appointments are required to be seen.

Address: 431 E. Kennedy St, Spartanburg, SC 29302

Phone: (864-520-2073

Email: info@upstatewarriorsolution.org

Website: www.upstatewarriorsolution.org

Services: Veterans

Walt's Waltz

Offers mental health educational programs, workshops, and tabling events.

Website: www.waltswaltz.com

Services: Community education & training

Spartanburg County Therapy

● Almost Perfect Counseling

Margaret Wilson, LPC, specializes in helping adolescents, adults, individuals, couples and families with relationship issues, anger management and anxiety.

Address: 1060 Boiling Springs Road, Suite 3, Spartanburg, SC 29303

Phone: (864-763-6485

Email: almostperfectcounseling@gmail.com

Website: www.psychologytoday.com/us/therapists/almost-perfect-counseling-spartanburg-sc/420195

Payment: Sliding scale offered based on eligibility

Services: Family therapy, individual therapy, relationship counseling & telehealth

Anchoring Within, LLC

A team of compassionate, skilled professionals dedicated to providing a safe and inclusive space for healing.

Address: 364 S Pine St., Unit A-205, Spartanburg, SC 29302

Phone: (864-663-2218

Email: anchoringwithin@gmail.com

Website: www.anchoringwithin.com

Services: Family therapy, individual therapy, LGBTQ+, relationship counseling & telehealth

● Ashley Kemp Counseling, LLC

Ashley Kemp, MA, LPC, specializes in working with adults ages 18–65 and provides treatment for depression, self-esteem, PTSD, and trauma.

Only virtual options are available for care.

Phone: 864-932-3215

Email: atr Kemp@gmail.com

Website: www.psychologytoday.com/us/therapists/ashley-kemp-spartanburg-sc/136408

Services: CBT, DBT, EMDR, individual therapy, relationship counseling & telehealth

Be Well Counseling

Betsy Claire Neely, LPC, FMCHC, specializes in anxiety, depression, grief, and stress.

Address: 561 East Main Street, Spartanburg, SC 29302

Phone: 864-266-4339

Website: www.bewellcounselingsc.com

Email: betsyclaire@bewellcounselingsc.com

Insurance accepted: BCBS and can provide Superbills for out-of-network clients

Services: Family therapy, individual therapy, relationship counseling & telehealth

● C&C Counseling Associates

Candace Cathcart, LMFT, MMFT, specializes in working with adolescents, adults, couples, families and provides treatment for anxiety, depression, grief support and self-esteem.

Address: 364 South Pine Street, Suite B-240, Spartanburg, SC 29302

Phone: 864-381-7803

Email: candace.cathcart@gmail.com

Website: www.candacedcathcartllc.com

Insurance accepted: Aetna & Cigna

Services: Family therapy, individual therapy & relationship counseling

● Dr. Caleb Loring

Dr. Caleb Loring is a licensed psychologist and works with children, adolescents and adults and specialties include ADHD, oppositional defiant disorder, adoption issues, anxiety, autism, abuse, depression, divorce issues, eating disorders, infidelity, life transitions, men's issues, OCD, parenting issues, personal growth, relationship issues, self-esteem and stress management.

Address: 324 East Saint John Street, Spartanburg, SC 29302

Phone: 864-641-6979

Website: www.drcalebloring.com

Services: Assessment & individual therapy

Denise Levereaux, LISW-CP

Specializes in working with adults, offering therapy for trauma, chronic illness, and stress.

Address: 1953 Old Reidville Road, Spartanburg, SC 29301

Phone/Text: 864-680-0495

Website: www.dltherapy.com

Services: Individual therapy & telehealth

● EMERGE Family Therapy Center & Teaching Clinic

Provides individual, couples and family counseling for children, teens and adults experiencing depression, anxiety, stress, trauma, PTSD, family conflict, relationship or marriage challenges, grief and loss, parenting and more.

Address: 138 Dillon Drive, Spartanburg, SC 29307

Phone: 864-583-1010

Website: www.emergeftc.org

Payment: Sliding scale

Services: Family therapy, group therapy, individual therapy, play therapy, relationship counseling & telehealth

Envision Counseling Services

A group counseling practice specializing in individuals, couples, and families, offering comprehensive services for anxiety, depression, anger, relationships, work-life balance and more.

Address: 3211 Reidville Road, Suite C, Spartanburg, SC 29301

Phone: 864-278-0590

Email: info@ecsweb.org

Website: www.ecsweb.org

Services: CBT, DBT, family therapy, individual therapy & relationship counseling

● Family Builders Counseling Services

Kevin Cooksey, MA, MFT, offers therapy for depression, anxiety, relationship and family counseling, parenting support, grief, stress, sexual addiction and recovery, PTSD, self-esteem, and spiritual and biblical concerns

Also known as BCFBS Counseling.

Address: 3600 Boiling Springs Road, Boiling Springs, SC 29316

Phone: 864-699-3446

Email: kevin.cooksey@bsfbccounseling.com

Website: www.bsfbccounseling.com

Insurance accepted: Medicaid, TRICARE & most major insurance

Payment: Sliding scale offered based on eligibility

Services: Family therapy, Individual therapy & relationship counseling

● Ginger Church, LPC

Specializes in working with teens and individuals facing depression, anxiety, and divorce challenges.

Address: 1714 Boiling Springs Road, Boiling Springs, SC 29316

Phone: 864-909-0604

Services: Counseling

Guiding Reins

Offers equine-assisted wellness programs for veterans, first responders and their families.

Phone: 864-457-3575

Website: www.guidingreins.org

Services: Equine therapy & veterans

Free to veterans & scholarships for their family members.

● HALTER Therapeutic Riding Center

Improves the lives of children with challenges through equine assisted services, education, and research.

Address: 1400 Carolina Country Club Road, Spartanburg, SC 29302

Phone: 864-586-1671

Email: office@haltersc.com

Website: www.haltersc.org

Services: Equine therapy

● Hart to Heart Therapy

Alicia Hart, MA, MMFT, is trained to assess and diagnose depression, anxiety, and other related mental health issues.

Address: 160 Quarry Road, Spartanburg, SC 29302

Phone: 864-580-9848

Website: www.aliciahart.net

Insurance accepted: Aetna, BCBS, Cigna, TRICARE & United Health Care

Services: Family therapy, individual therapy, relationship counseling & telehealth

● Healing Solutions, LLC

A dedicated team of licensed marriage and family therapists, professional counselors and independent social workers specializing in behavioral issues at home and school, depression, anxiety, trauma, play therapy, sexually reactive behavior in children, relationship challenges, grief and loss, self-esteem, anger management and substance use disorders.

Address: 340 East Main Street, Suite 102, Spartanburg, SC 29302

Phone: 864-707-2167

Website: www.healingsolutionscounseling.com

Insurance accepted: Aetna, BCBS, Molina, United Health Care, VA CCN & can provide Superbills for out-of-network clients

Services: Accelerated Resolution Therapy, assessment, family therapy, individual therapy, play therapy, relationship counseling, telehealth & TF-CBT

● Hope Center for Children

Specializes in working with children who have experienced abuse, trauma, and neglect.

Address: 115 Southport Road, Unit J, Spartanburg, SC 29306

Phone: 864-529-8164

Email: mcox@hopecfc.org

Website: www.hopecfc.org/clinical-support-services/

Payment: Sliding scale offered & self-pay

Insurance accepted: Medicaid, Aetna, BCBS, Cigna & United Health Care

Services: Accelerated Resolution Therapy, individual therapy, parenting classes, telehealth & TF-CBT

● Hope Remains Ranch

Specializes in helping children (ages five and up), adults and families who are experiencing trauma, emotional, behavioral, or spiritual challenges through equine therapy.

Address: 1771 John Dodd Road, Welford, SC 29385

Phone: 864-249-3532

Email: info@hoperemains.org

Website: www.hoperemains.org

Payment: Counseling is offered on a sliding scale fee

Services: Equine therapy & trauma

● In-Step Counseling Services, LLC

Debbie Guilfoyle, LISWCP, specializes in working with adolescents and young adults struggling with trauma, depression, anxiety, LGBTQ+ issues, religious trauma, and life transitions.

Address: 815 John B. White Sr. Blvd, Spartanburg, SC 29306

Phone: 864-310-6776

Email: instepcounseling@gmail.com

Insurance accepted: Accepts most major insurance; all Upstate SC residents are accepted

Services: CBT, individual therapy & LGBTQ+

iTrust Wellness

Provides psychiatric medication management and integrated psychotherapy for individuals aged 18–75 through in-person and telehealth sessions.

Address: 115 Southport Road, Suite C, Spartanburg, SC 29306

Phone: 864-520-2020

Email: referrals@itrustwellness.com

Website: www.itrustwellness.com

Services: Medication-assisted treatment (MAT), individual therapy, psychiatry & telehealth

● Jacquelyn M. Skinner-Johnson LISW-CP

Specializes in trauma, PTSD, anxiety and coping skills for individuals and families.

Address: 601 West Main Street, Spartanburg, SC 29301

Phone: 864-513-4265 or 864-612-1500 for telehealth

Website: www.psychologytoday.com/us/therapists/jacquelyn-m-skinner-johnson-lisw-cp-spartanburg-sc/130799

Insurance accepted: Medicare

Services: Individual therapy & relationship counseling

Janet Barnes McConnell, LMFT

Specializes in individuals and couples with relationship problems, self-esteem, and stress. Offers teletherapy by phone or video.

Address: 157 Hall Street, Spartanburg, SC 29302

Phone: 864-474-5695

Website: www.psychologytoday.com/us/therapists/janet-barnes-mcconnell-spartanburg-sc/174309

Services: Individual therapy, relationship counseling & telehealth

Jessica Loving Counseling, LLC

Jessica Loving, LMFT, specializes in treating Specializes in individuals, couples and families with anxiety, OCD, depression, and trauma.

Available online only.

Phone: 864-706-6832

Website: www.psychologytoday.com/us/therapists/jessica-loving-spartanburg-sc/418971

Services: CBT, DBT, family therapy, individual therapy, relationship counseling & telehealth

● Kim Minnick, LISW-CP, MAC

Works with ages 11 and older, specializing in addictions, mood disorders, OCD, women's issues, and IMAGO relationship counseling.

Willing to work with ages under 11 years old if the presenting issue is OCD.

Address: 561 East Main Street, Spartanburg, SC 29302

Phone: 864-363-0063

Website: www.healthgrades.com/providers/kimberly-minnick-y43vj

Insurance accepted: BCBS

Services: Individual therapy, relationship counseling, substance use disorders & telehealth

Lori Ivey, LPC

Specializes in depression, anxiety, bipolar disorder, marital and family issues, LGBTQ+, and transgender population.

Available online only.

Phone: 864-721-8944

Email: loriivey18@gmail.com

Insurance accepted: Medicaid, CHIP & most major insurance

Services: Family therapy, individual therapy, LGBTQ+, relationship counseling & telehealth

● Magnolia Counseling Associates

Team of licensed therapists and social workers specializing in depression, behavioral problems, anxiety, trauma, eating disorders, relationship issues, grief, self-esteem, anger management and substance use.

Address: 811 East Main Street, Suite B-1, Spartanburg, SC 29302

Email: genstrickland@gmail.com

Website: www.magnoliacounseling.net

Insurance accepted: Medicare & most major insurance

Services: Individual therapy, family therapy, relationship counseling & telehealth

Services and insurance accepted vary based on staff.

● McCarley Counseling Services

Works with individuals 14 and older, couples, specializing in anxiety, men's issues, depression.

Address: 707 East Main Street, Spartanburg, SC 29302

Phone: 864-214-5721

Website: www.psychologytoday.com/us/therapists/joshua-mccarley-spartanburg-sc/1251200

Services: Individual therapy, relationship counseling & telehealth

● Middle Tyger Community Center

MTCC's Counseling Program provides counseling services to all ages, three and up, for individuals, couples, and families.

Address: 84 Groce Road, Lyman, SC 29365

Phone: 864-439-7760

Website: www.middletyger.org/counseling-program

Payment: Sliding scale

Services: Family therapy, individual therapy, relationship counseling & play therapy

● Modern Wellness Family Counseling

Licensed therapists offering services for new mothers, individuals, children, and families.

Address: 945 East Main Street, Suite 5, Spartanburg, SC 29302

Phone: 864-383-9002

Email: admin@modernwellnessfc.com

Website: www.modernwellnessfamilycounseling.com

Insurance accepted: Medicaid, Aetna & BCBS

Services: Family therapy, individual therapy, play therapy, relationship counseling & telehealth

● North Grove Counseling Associates

Services for child abuse, trauma, anxiety, depression, anger management, relationship issues for children, individuals, couples, families.

Address: 240 North Grove Medical Park Drive, Spartanburg SC 29303

Contact: www.northgrovecounseling.com/contact

Services: Family therapy, individual therapy, play therapy & relationship counseling

● Oasis Counseling Associates

Therapy for individuals 14 and older and families in English and Spanish. Specializes in trauma, PTSD, sexual abuse, domestic violence, women's issues, depression, anxiety, life transitions and acculturation.

Telehealth only.

Website: www.oasiscounselingassociates.com

Contact: www.oasiscounselingassociates.com/meet-us

Payment: Self-pay only

Services: Family therapy, individual therapy & telehealth

● Project Hope

Offers ABA therapy and other services for children and adults with autism and their caregivers.

Locations: 200 Elford Ct., Spartanburg, SC 29306
751 East Georgia Street, Woodruff, SC 29388
424 N. Hwy 101, Landrum, SC 29356

Phone: 864-676-0028

Email: clients@projecthopesc.org

Website: www.projecthopesc.org

Insurance accepted: Medicaid & most major insurance

Services: ABA therapy, caregiver support & support

● River Rock Therapy

Julie Dillon, LMFT, specializes in working with children and teens experiencing anxiety, trauma, and grief.

Phone: 864-809-3519

Email: riverrocktherapyllc@gmail.com

Services: Individual therapy

● Rooted Wings, LLC

Stacey Jackson, LPC, offers holistic therapy to individuals aged 13 and older, with specializations in trauma, PTSD, selective mutism, survivors of narcissistic parents or partners, women's issues, gender identity, religious and spiritual concerns, anxiety, depression, relationship issues and LGBTQ+ support.

Address: 131 Cameron St, Pacolet, SC 29372

Phone: 864-398-9322

Email: sljacksonlpc@gmail.com

Website: www.rootedwingssc.com

Insurance accepted: Aetna, BCBS, Cigna & can provide Superbills for out-of-network clients

Services: Individual therapy, LGBTQ+ & telehealth

● Ruth C. Compton, MEd, LPC

Counseling for ages four and older, individual, family, group, play therapy, relationship counseling.

Address: 707 East Main Street, Spartanburg, SC 29302

Phone: 864-316-5910

Email: ruthcompton6@gmail.com

Website: www.ruthcompton.com

Services: Family therapy, group therapy, individual therapy, play therapy & relationship counseling

Skylyn Counseling

Landa Basham, Ed.S., LMFT, works with individuals, couples and families and specializes in treating depression, anxiety, parenting, grief, stress, conflict resolution and LGBTQ+.

Address: 236 Union Street, Spartanburg, SC 29302

Phone: 864-585-5010

Email: landa@skylyncounseling.com

Website: www.skylyncounseling.com

Services: Family therapy, group therapy, individual therapy, LGBTQ+ & relationship counseling

South Carolina Psychotherapy, LLC

Offers counseling and mental health services for adults, clinical supervision for LMFT Associates and graduate students and specialty services for anger management, batterers' intervention and drug and alcohol use. AAMFT approved supervisor.

Address: 101 West St., John Street, Suite 103, Spartanburg, SC 29306

Phone: 864-406-5774

Website: www.southcarolinapsychotherapy.com

Insurance accepted: Medicare

Payment: Sliding scale

Services: Individual therapy & group therapy

Spartanburg Regional Medical Group of the Carolinas - Psychiatry

Behavioral Health Services at Spartanburg Regional Healthcare System provide diagnostic assessment and treatment of emotional, behavioral, and mental disorders for adults 18 and older.

Address: 391 Serpentine Drive, Suite 400, Spartanburg, SC 29303

Phone: 864-560-7517

Website: www.spartanburgregional.com/locations/medical-group-carolinas-psychiatry

Insurance accepted: Medicaid, Medicare & most major insurance

Services: Assessment, individual therapy, in-patient hospitalization, out-patient treatment, psychiatry & telehealth

● Turning Leaves Therapy

Kimberly Rosborough, MSW, LISW-CP-S, RPT-S, specializes in treating anxiety, depression, trauma in children, adolescents, adults, including complex PTSD, developmental trauma, emotional dysregulation.

Address: 601 W Main St. Spartanburg, South Carolina 29301

Phone: 864-598 9461

Website: www.turningleavescenter.com

Services: CBT, DBT, EMDR, family therapy, group therapy, individual therapy & play therapy

Wright Directions

Provides comprehensive mental health services for Medicaid recipients in Spartanburg County. Offerings include virtual therapy, medication management and face-to-face in-home behavioral services.

Phone: 843-645-7700

Email: rstevens@seasidehc.com

Website: www.wrightdfs.com

Services: Counseling, medication management

Services are free for Medicaid recipients.

UNION COUNTY

[*Click here to view Spartanburg Regional's Union County Mental Health Resource Guide.*](#)

C4 Ministries

Counseling team specializing in faith-based support.

Address: 109 South Church St., Union, SC 29379

Phone: 864-441-0022

Email: c4ministriesus@gmail.com

Website: www.c4ministriesinc.com

Payment: Donations only

Services: Counseling, crisis assistance, recovery & substance use disorders

FAVOR Piedmont

Leading organization for recovery in the Piedmont region. Provides and supports community-based care and peer support resources for individuals and families suffering with substance abuse disorders.

Address: 54 Marina Road, Suite 301A, Lake Wylie, SC 29710

Phone: 803-766-0502

Email: info@favorpiedmont.org

Website: www.favorpiedmont.org/union-county/

Services: Community education, counseling, recovery & substance use disorders

● Healthy U Behavioral Health Services

Offers a variety of programs for adolescents and adults who are experiencing substance use disorders and addiction.

Address: 201 S. Herndon St., Union, SC 29379

Phone: 864-429-1656

Email: info@hubhs.org

Website: www.unionhubhs.org

Services: ADSAP, domestic violence, medication-assisted treatment (MAT), out-patient treatment, parenting classes, peer support & recovery

The Prodigal's Home

A faith-based rehabilitation program combined with sober living.

Address: 192 Oakwood Road, Jonesville SC 29353

Phone: 864-300-7025

Website: www.theprodigalshome.com

Services: Rehabilitation & substance use disorders

United Way of the Piedmont
P.O. Box 5624
Spartanburg, SC 29304

www.uwpiedmont.org

Stay connected:

