

COVID

have you feeling upside down?

- Are you having trouble sleeping?
- Have your friends expressed concern for you lately?
- Have you suddenly lost interest in things you used to love?

We can help! SC Hopes is a free program designed to provide emotional support and guide you to excellent community resources. Call today!

1-844-SC-HOPES

Who will I talk to?

You will speak with an experienced professional who will listen to your concerns and provide useful local resources for you to make change happen!

What will they ask?

SC Hopes team members are there to listen to your concerns, and to ask what your specific needs are. They would like to hear what you have to say!

Will they keep my number and call me back?

No. SC Hopes does not collect any identifying information, and as a result, they will not call you back.

Will the call be recorded?

No! SC Hopes is a free and anonymous service that is committed to your privacy.