

Behavioral Health (continued)

GREENVILLE MENTAL HEALTH CENTER

124 Mallard St, Greenville, SC 29601

T 864 241 1040 Administration

T 864 467 5959 Emergency

T 864 241 1040 Clinical

F 864 241 1215

County Served: North Greenville County

New Horizon Family Health Services

100 Lindberg St, P.O. Box 246, Slater, SC 29683

T 864 836 1109 F 864 836-6365

Senior Adult Services

124 Mallard St Greenville, SC 29601

T 864 241 1040 F 864 241 1049

Deaf Services

124 Mallard St, Greenville, SC 29601

T 864 241 1063 TDD 864 241 1040 Voice

F 864241 1049

Crisis Intervention MH Services (Day Treatment)

124 Mallard St, Greenville, SC 29601

T 864 241 1040 F 864 241 1016

Psychosocial Rehabilitation Program

124 Mallard St, Greenville, SC 29601

T 864 241 1040 F 864 241 1016

Hispanic Services

124 Mallard St, Greenville, SC 29601

T 864 241 1040 F 864 241 1124

Piedmont Center for Mental Health Services

20 Powderhorn Rd, Simpsonville, SC 29681

T 864 963 3421 Administration

T 864 963 3421 Clinical

F 864 967 8617

County Served: South Greenville County

CLINICS

Greer Clinic

220 Executive Dr, Greer, SC 29651

T 864 879 2111 F 864 848 9493

SPARTANBURG AREA MENTAL HEALTH CENTER

250 Dewey Ave, Spartanburg, SC 29303

T 864 585 0366 Administration

T 864 585-0366 Clinical

F 864 585 9208

Counties Served: Spartanburg, Union, Cherokee

CLINICS

Cherokee Mental Health Clinic

125 East Robinson St, Gaffney, SC 29340-3723

T 864 487-2710 F 864 487-2729

Union Mental Health Center

130 Medical Sciences Dr, Union, SC 29379-0129

T 864 4271224 F 864 429 0627

Don't Forget....

When calling, mention *All About Seniors Magazine* !

FACTSHEET

10 TIPS FOR IMPROVING THE MENTAL HEALTH OF OLDER ADULTS

Maintaining mental wellness, enlisting the help of others when you need it and surrounding yourself with a supportive, healthy environment are essential in today's modern, on-the-go world. Spending time with family and loved ones, engaging in new activities and volunteering are just a few of the ways you can relieve stress and cope with everyday life. For even more ideas, read the list that follows.

GET PLENTY OF REST

Take frequent naps. Not only will they help calm your mind, but they can give you more energy. Make certain to devote a full seven to eight hours of sleep each night to sustain a proper balance of physical and mental health.

GO FOR A WALK

Regular exercise is an excellent way to maintain a healthy lifestyle. Enjoying a long walk at a moderate pace allows you to reflect on your day while getting the blood flowing. For an added spin, invite family members and friends to join you for an evening stroll. During bad weather, complete laps inside a local mall or community center.

EAT SOMETHING NEW

Whether it's tackling a new recipe or re-inventing a traditional one, cooking is a great way to eat well and have fun in the process. Invite family and friends to join you once a week for dinner and take turns preparing meals. Kick off special events with a potluck dinner or host an evening filled with international cuisine.

EXERCISE YOUR MIND

Challenge yourself with a jigsaw puzzle, solve riddles or read a good book. Even better, involve others with these activities by reading aloud to kids or helping them with homework at a local library, school or daycare center.

SPEND TIME WITH OTHERS

Spending time with family and friends is important. Reach out to someone you haven't talked to a while and create new memories. Call on a friend or relative to join you as you run errands or complete routine, everyday activities. Doing things together is a great way to raise your spirits and engage those around you in your life.

INDULGE YOURSELF

Soothe aching bones and wash away worrisome thoughts with a long bath or hot shower. Enjoy a healthy dessert, sip a cool glass of iced tea or juice when it's hot outside curl up under a blanket and relax when it's cold.

STAY IN

Don't feel obligated to do everything asked of you. It is okay to say no. To avoid feeling overwhelmed, opt to spend time with yourself once in a while. Watch a movie, paint a personal masterpiece or organize a prized collection of keepsakes.

MAKE THE MOST OF LEISURE TIME

Make plans with family members, loved ones and/or a tour group to visit a place you've always wanted to go. Join a club, start a new hobby or learn a new skill such as gardening, bird watching or dancing. Whatever you choose to do, make sure it's something that you truly want to do!

GET INVOLVED

Volunteering is a great way to give back. Knowing that you have helped someone else can help you to feel better about yourself. Plus, sharing your time with others is a great way to get out and meet new people, with common goals and interests.

TAKE THINGS ONE AT A TIME

It's easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Completing one thing at a time can lead to a greater sense of accomplishment and spur you to do even more!

FOR MORE INFORMATION:

For more information, contact Mental Health America Greenville County

301 University Ridge, Suite 5600 • (Greenville County Square)

Greenville, SC 29601-3675 • Phone (864) 467-3344

Fax (864) 467-3547 • CRISISline: (864) 271-8888