



## PEDIATRIC RESOURCE LIST

**EMERGENCY – 911**

**POISON CONTROL – 1-800-222-1222**

**Beaufort**

**Jasper**

**Hampton**

<b>Do you need a smoke Detector?</b>	Fire Department <b>843-525-7035</b>	Fire Department <b>843-726-7607</b>	Fire Department <b>803-914-2155</b>
<b>Are you ready to stop smoking?</b>	<b>1-800-QUITNOW</b> <b>1-800-784-8669</b>	<b>1-800-QUITNOW</b> <b>1-800-784-8669</b>	<b>1-800-QUITNOW</b> <b>1-800-784-8669</b>
<b>Food Needs?</b>	Lowcountry Food Bank <b>843-589-4118</b> HELP (Beaufort) <b>843-524-1223</b> Deep Well (Bluffton) <b>843-785-2849</b>	Lowcountry Food Bank <b>843-589-4118</b> Agape Family Life Ctr <b>843-784-6008</b> Antioch Educational Ctr <b>843-645-9400</b>	Lowcountry Food Bank <b>843-589-4118</b> Agape Family Life Ctr <b>843-784-6008</b> Antioch Educational Ctr <b>843-645-9400</b>
<b>Need Parenting support?</b>	First Steps <b>843-379-STEP</b> Beaufort Co. School District <b>843-521-2399</b>	First Steps <b>843-726-5100</b> Hope Haven Family Strengthening <b>800-637-7273</b>	First Steps <b>803-943-7127</b> Lowcountry Healthy Start <b>803-531-8008</b>
<b>Feeling down, depressed, stressed?</b>	Suicide Hotline <b>877-892-9211</b> Teen Talk Line <b>800-852-8336</b> Coastal Empire Mental Health <b>843-524-3378</b> (Beaufort) <b>843-681-4865</b> (Bluffton)	Suicide Hotline <b>877-892-9211</b> Teen Talk Line <b>800-852-8336</b> Coastal Empire Mental Health <b>843-726-8030</b>	Suicide Hotline <b>877-892-9211</b> Teen Talk Line <b>800-852-8336</b> Coastal Empire Mental Health <b>803-943-2828</b>
<b>Are you or someone you know a victim of domestic violence?</b>	National Domestic Violence Hotline <b>800-799-7233</b> Hopeful Horizons (CODA) <b>800-868-2632</b>	National Domestic Violence Hotline <b>800-799-7233</b> Hopeful Horizons (CODA) <b>800-868-2632</b>	National Domestic Violence Hotline <b>800-799-7233</b> Hopeful Horizons (CODA) <b>800-868-2632</b>
<b>Ready to cut back on substance use?</b>	Beaufort County Alcohol and Drug Abuse <b>843-255-6080</b>	New Life Center <b>803-943-2800</b>	New Life Center <b>843-726-5996</b>
<b>Ayuda en Español</b>	PASOS – <b>843-987-7470</b>	PASOS – <b>843-987-7470</b>	PASOS – <b>843-987-7470</b>

**Need Military resources? MCCSS – 843-228-3791**

**Need Asthma resources? Project Breathe Easy – 800-578-8750**

**Concerns with nutrition/exercise? Make an appointment with our Nutrition specialist at any location:**

**Chelsea location (843) 987-7400 - Port Royal location (843) 986-0900**

**IF YOU DO NOT NEED THIS INFORMATION, PLEASE SHARE IT WITH ANYONE YOU KNOW WHO DOES!!**