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South Carolina ETV and Public Radio shares resources during Mental Health Awareness Month

COLUMBIA, S.C. South Carolina ETV and Public Radio (SCETV) highlighted Mental Health Awareness Month throughout May, dedicating programming and resources to foster understanding, support and dialogue surrounding mental health.

As part of a commitment to mental health awareness, the newest episode of [SCETV Safe Space](#) dove into the vital topic of toxic and healthy relationships. This episode, titled “Building Healthy Relationships,” illuminates the importance of identifying, navigating and seeking assistance in cultivating healthy relationships while encouraging open conversations about mental health.

Filmed at the South Carolina Governor's School for the Arts and Humanities in Greenville, the episode features the voices of South Carolina's youth discussing how relationships affect their educational and social lives as well as their future. Topics covered in the episode include:

- **Characteristics of Healthy and Unhealthy Relationships:** Examining how different relationships impact mental well-being and facilitating personal reflections on managing complex dynamics.
- **Effective Communication and Boundaries:** Insights from youth and mental health professionals on assertive communication, setting boundaries and fostering healthy conflict resolution.
- **Support Systems:** Discussions on available resources for adolescents, the roles of friends and family, and recognizing signs necessitating professional intervention.
- **Empowering Adolescents:** Expert advice on nurturing positive relationships, the significance of self-awareness and supporting individuals grappling with toxic relationships.

This episode is part of SCETV's ongoing community **SCETV Safe Space** initiative to engage with youth statewide. Throughout May and beyond, new **SCETV Safe Space** PSAs will broadcast across SCETV's statewide network and be shared on social media. The new PSAs feature diverse voices, from the South Carolina School for the Deaf and Blind including senior Alan Gaona-Lopez who is hard of hearing and senior Aleena Hamlin who is visually impaired and near-sighted, community members, and Columbia-based content creator Claudia Banks and daughter Amarie Banks from the Latino community. This collection underscores the universal message that mental health transcends all boundaries and differences.

Additionally, Telehealth has emerged as a transformative tool in mental health service delivery, addressing the challenge of limited access to behavioral health services. [Nearly 1 in 5 American adults grapple with mental health conditions](#), yet access to care remains constrained. To combat this issue, hospitals are increasingly leveraging telehealth to offer [tele-psychiatry consultations, providing assistance to emergency room patients in need](#).

SC Public Radio's [Health Focus](#), produced in collaboration with the Medical University of South Carolina (MUSC), encourages listeners to embrace mental health treatment. Host Bobbi Conner engages in enlightening discussions with experts such as Dr. Tracy Stecker, a psychologist and researcher at MUSC who focuses on help-seeking behaviors among individuals with mental health conditions.

Also airing on SC Public Radio, [Teachable Moments](#) hosted by Dr. Rénard Harris from the College of Charleston, offers educational insights for students and parents. Dr. Harris delves into the rise in adolescent mental health issues, emphasizing the importance of awareness and support.



During the month of May, SCETV championed Mental Health Awareness Month and, throughout the year, SCETV strives to spark crucial conversations and foster a culture of understanding, compassion and support for mental well-being.

QUOTES

“As we observed Mental Health Awareness Month, South Carolina ETV and Public Radio reaffirmed our unwavering commitment to promoting mental well-being and fostering understanding within our communities. Through insightful programming and resources, we aim to illuminate the importance of healthy relationships and accessible mental health services. Together, let us stand in solidarity, breaking down barriers, and nurturing a culture of compassion and support for all individuals navigating their mental health journeys.” -**SCETV President and CEO Adrienne Fairwell**

FAST FACTS

- During May, SCETV highlighted programming dedicated to fostering understanding and encouraging support and dialogue surrounding mental health.
- The newest episode of [SCETV Safe Space](#) dove into the topic of toxic and healthy relationships.
- A new series of **SCETV Safe Space** PSAs air in May, featuring diverse voices including students from the South Carolina School for the Deaf and Blind, community members and a mother and daughter from the Latino community.
- To combat limited access to behavioral health services, hospitals are increasingly leveraging telehealth to offer [tele-psychiatry consultations, assist emergency room patients in need](#).
- Dr. Tracy Stecker, speaks with [Health Focus](#) host Bobbi Conner to encourage listeners to embrace mental health treatment.
- [Teachable Moments](#) segment delves into the rise in adolescent mental health issues, emphasizing the importance of awareness and support.

About South Carolina ETV and Public Radio

South Carolina ETV and Public Radio (SCETV) is the state's public educational broadcasting network. SCETV amplifies South Carolina voices, provides educational experiences and strengthens communities, while working toward creating a stronger, more connected and informed South Carolina. In addition to airing local programs, such as *Carolina Classrooms*, *Making It Grow*, and *This Week in South Carolina*, SCETV also presents multiple programs to regional and national audiences, including *By The River*, *After Action*, *Reconnecting Roots*, *Reel South*, *Somewhere South*, *Yoga in Practice*, *Downing of a Flag* and *How She Rolls*. In addition, SC Public Radio produces the national radio production, *Chamber Music from Spoleto Festival USA*.

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