

National Suicide Prevention Month: A Time to Reach Out and Support One Another



NATIONAL
SUICIDE
PREVENTION
MONTH

September is recognized as National Suicide Prevention Month, a time dedicated to raising awareness, spreading hope, and reminding our communities that help is always available. Mental health struggles can often feel overwhelming and isolating, but no one should ever have to face them alone.

At CareSouth Carolina, we believe that mental health is just as important as physical health. That's why we are proud to offer behavioral health counselors at every one of our locations. Whether you or someone you love is experiencing depression, anxiety, or anything else, our compassionate team is here to listen, support, and provide care tailored to your needs.

This month is not only about awareness but also about action. Reaching out—whether to check on a loved one, share your own struggles, or connect with a professional—can make all the difference. By talking openly and removing the stigma around mental health, we can create stronger, more supportive communities.

If you are struggling, we encourage you to reach out to CareSouth Carolina. Our behavioral health counselors are available at every site to help you take that first step toward healing and hope.

And remember, if you or someone you know is in immediate crisis, please call or text 988, the Suicide & Crisis Lifeline, for free and confidential support 24/7.

Together, we can work toward a future where everyone feels supported and no one struggles in silence.



Patient Connect

CareSouth Carolina, serving your local area since 1980.

SEPTEMBER 2025

Get the
FLU SHOT
not the flu!

It's Time To Get
The Flu Vaccine!

September and October offer the most favorable times for getting vaccinated against the flu, according to recommendations from the CDC.

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example, flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization and has also been shown to help protect the baby from flu infection for several months after birth before the baby can be vaccinated.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

CareSouth Carolina is offering the flu vaccine and would be happy to answer any questions you have. For more information or to set up an appointment, please give us a call at 843.309.8301.

MEDICAL LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Chesterfield • Dillon • Lake View • Latta • McColl

PHARMACY LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Latta • McColl • Chesterfield • Dillon

To make an appointment, please call 843.309.8301.

www.caresouth-carolina.com

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CareSouth Carolina Welcomes Almeda Graham, FNP-C, to Hartsville



Almeda Graham,
FNP-C

CareSouth Carolina is proud to welcome Almeda Graham, FNP-C, to its Hartsville location. She will serve patients with a compassionate, whole-person approach to care.

Graham brings decades of experience in nursing and family medicine, with a career that includes serving in hospitals, private practices, and in-home health settings.

A native of the Pee Dee, Graham has built her career around helping others—and that's exactly what drew her to CareSouth Carolina.

"The people here are friendly, and they truly care about their patients," Graham said. "What impressed me most was the way CareSouth Carolina treats the whole person. They worry about a patient's quality of life at home—not just what's happening in the clinic."

Her philosophy of care centers around holistic health. Graham believes that listening is one of the most important tools a provider can offer.

"Sometimes a patient comes in feeling sick, but there's something deeper going on," she explained. "Maybe it's stress at home, financial worries, or something else affecting their health. I like to sit down, talk with them, and really figure out what's at the root of it. That's what I love most—being able to help someone feel better, live better, and know that they're supported."

Outside of the clinic, Graham enjoys spending time with her grandchildren, traveling, and exploring the outdoors.

Graham holds a Master of Science in Nursing from Walden University and a Bachelor of Science in Nursing from USC Upstate (Mary Black School of Nursing). She is board-certified by the American Association of Nurse Practitioners and holds an active APRN license in South Carolina.

To schedule your appointment, with Almeda Graham, FNP-C, please call the Hartsville office at 843.332.3422.

CareSouth Carolina Offers Free Prescription Delivery in Several Counties

CareSouth Carolina is offering free prescription delivery in several counties throughout our service region.

Prescriptions will be filled at the CSC Community Pharmacy locations in McColl, Bennettsville, Chesterfield, and Bishopville before being delivered. Depending on the timing of the request, prescriptions may arrive the same day or the following business day, with delivery logistics coordinated by pharmacy staff.

"This is a great opportunity for residents in our communities to get access to their medications in a convenient manner," said Ashley Singleton, CareSouth Carolina's Chief of Pharmacy. "We have been providing this service in Chesterfield County and Lee County, and we are happy to be expanding into Marlboro County."

The free delivery service is available to any customer who fills prescriptions at CSC Community Pharmacy, regardless of whether or not they are CareSouth Carolina patients. This means if you are a resident of Chesterfield, Marlboro, or Lee Counties, you can have your prescription delivered to your door.

To arrange delivery, customers should first ensure their prescription has been received by the pharmacy and then contact their CSC Community Pharmacy locations to discuss the delivery process.

Locations & Contact Information:

- McColl: 3080 Highway 15-401 E, McColl, SC — (843) 523-6212
- Bennettsville: 999 Cheraw Street, Bennettsville, SC — (843) 456-7777
- Bishopville: 545 Sumter Hwy, Bishopville, SC — (803) 588-7960
- Chesterfield: 204 Perry Wiley Way, Chesterfield, SC — (843) 927-1030

The pharmacies are open Monday through Friday from 8:30 a.m. to 6:00 p.m.

For more information, please contact your local CSC Community Pharmacy.



Reminder. CareSouth Carolina Offers Convenient Extended Hours

CareSouth Carolina is making it easier for patients to get the care they need—especially after work or on weekends—by expanding hours at five of its medical centers.

The following locations will now have extended weekday hours until 8:00 p.m.

- Bishopville (Tuesdays)
- Cheraw (Wednesdays)
- Bennettsville Main (Thursdays)
- Rosa Lee Gerald/Society Hill (Fridays)

In addition, Chesterfield, Hartsville, and Dillon sites will now be open on Saturdays from 9:00 a.m. to 1:00 p.m.

Walk-ins are welcome, but appointments are encouraged.

