



Breaking Ground on Millwood Place: A New Beginning for Young Women



Yesterday, we celebrated the groundbreaking of Millwood Place, a 10-bedroom home dedicated to young women ages 17-22 facing housing instability. Set to welcome residents by Summer 2025, this safe haven will not only offer a secure place to live but also empower residents with life skills, healthy connections, and the confidence to build a brighter future.

Youth homelessness is a pressing issue in our community, with nearly 14,000 young people facing homelessness each year in South Carolina, as reported by the McKinney-Vento Act and the SC Department of Education. For young women, the challenges are especially difficult, often intertwined with safety concerns, educational barriers, and mental health struggles.

Millwood Place is designed to meet these needs head-on, providing a nurturing environment and access to comprehensive support services.

A heartfelt thank you to our generous donors and community partners for funding and supporting this transformative project, and to our dedicated staff who work tirelessly to make it all possible.

For more information about Millwood Place and ways to get involved, email us at mail@mirci.org.

A special thank you to our partners:

*United Way of the Midlands
South Carolina Housing Authority
SC Central Carolina Community Foundation
The Leon Levine Foundation
South Carolina Department of Mental Health
Carolina Children's Home
TD Bank Foundation
100 Women Who Care Midlands SC
Steve & Debra Hamm
BCBS of SC Foundation*



Upcoming Events

We're excited to announce that our quarterly facilities tour is back! Join us on Thursday, October 24th at 10 AM to see our clinical, housing, and outreach programs in action. We look forward to welcoming you!

Please send your RSVPs to mail@mirci.org.



Mirci On-Air: Local News Highlight



In case you missed it!

Our Chief Clinical Officer, Julie Miller, was featured on WIS TV last week to highlight Mirci's programs and impact.

Watch the full segment [here](#).



It's Okay To Not Be Okay

September is dedicated to raising awareness about suicide prevention and the importance of mental health. This month, we come together to reduce stigma and support those who need it.

Over 700,000 people die by suicide each year globally, making it the third leading cause of death. In the U.S., suicide is the second leading cause of death among individuals aged 10-34. Approximately 1 in 20 adults report having experienced suicidal thoughts in the past year.

(World Health Organization, National Institute of Mental Health, NAMI)

How We Can Reduce Stigma:

- **Educate Ourselves and Others:** Understanding mental health is key to dispelling myths and misconceptions that contribute to stigma. By learning

about mental health conditions, warning signs of suicide, and the importance of seeking help, we can foster empathy and support.

- **Encourage Open Conversations:** Creating safe spaces for discussion helps normalize conversations about mental health. Encourage friends, family, and colleagues to share their feelings without fear of judgment. This can be as simple as asking someone how they're "really" doing or sharing your own experiences.
- **Offer Support:** Show compassion to those who are struggling by listening without judgment and validating their feelings. Sometimes, just being there for someone can make a significant difference. Advocate for mental health resources in your community, whether it's promoting local counseling services or supporting initiatives that prioritize mental well-being. Encouraging others to seek help and letting them know they're not alone can significantly impact their journey toward healing.

How to Ask for Help:

- **Reach Out:** Talk to someone you trust, whether it's a friend, family member, or coworker. Sharing your feelings can be a powerful first step.
- **Call a Crisis Line:** If you're in immediate distress, contact a crisis hotline like the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text "HELLO" to 741741 for the Crisis Text Line.
- **Seek Professional Help:** Therapists and counselors are trained to help you navigate your feelings and find support.

Other Resources:

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text "HELLO" to 741741
- **SAMHSA National Helpline:** 1-800-662-HELP (4357)
- **NAMI Helpline:** 1-800-950-NAMI (6264)

Stay Connected



[Donate one of our most needed items.](#)

For questions about volunteering, hosting a supply drive, or coordinating a fundraiser, please email: mail@mirci.org

Recently awarded the Candid Platinum Seal of Transparency, gifts to Mirci can be made with trust and confidence [here](#).

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Our Contact Information

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