

# Oceanic Counseling Group Recognizes Suicide Prevention Awareness Month: “Do You Have 8 Minutes?”

*Suicide Prevention Month: You are not alone. Support is available. Call 988 for the Suicide & Crisis Lifeline.*

MYRTLE BEACH, SC, UNITED STATES, September 29, 2025 / EINPresswire.com/ -- This Suicide Prevention Awareness Month, Oceanic Counseling Group is highlighting the importance of awareness, early intervention, and connection in saving lives. Suicide remains a growing concern in our communities, and open conversations are one of the most powerful tools we have to reduce stigma and support those who are struggling.

The Power of Connection: “Do You Have 8 Minutes?”

Sometimes, what a person in crisis needs most is a few minutes of undivided attention and genuine connection. The phrase “Do you have 8 minutes?” carries a deeper meaning—“I need you.”

“When someone is suicidal or in a place they really need help, this is what they can say and the true meaning is understood,” explains [Carrie Towle, LISW-CPS](#). “For example some people have a group chat set up, with supports that all understand the context/meaning—so if a message comes through ‘do you have 8 minutes’ any one can reply.”



Carrie Towle, LISW-CPS

[Samantha Waters, LPCS](#), of Oceanic Counseling Group LLC also answers key questions that family and friends often ask:

Q: What are the key warning signs someone might be struggling with suicidal thoughts?

A: "Warning signs could include withdrawal from others, increasingly depressive or sad feelings, noticeable changes in typical patterns (ex: sleep, appetite, weight, personal hygiene). Many individuals struggling with suicidal thoughts may express directly thoughts of harming themselves, killing themselves, ending their life or desiring not to be present any further."



Samantha Waters, LPCS

Q: How can family members, friends, or coworkers best support someone they suspect may be struggling?

A: "If someone is expressing suicidal thoughts, take them seriously. Be present and available, provide a listening ear and support. Family members can actively safety plan and ensure a safe environment for their loved one. Connect them to resources (988 Suicide & Crisis Lifeline)."

#### Resources:

If you or someone you know is struggling, call or text the 988 Suicide & Crisis Lifeline for immediate support. For more information on counseling services, visit [www.oceaniccounseling.com](http://www.oceaniccounseling.com) or call (843) 894-0000.

#### About Oceanic Counseling Group

Oceanic Counseling Group is a leading mental health practice serving communities across South Carolina, with clinical offices in [Greenville](#), Columbia, Irmo, North Charleston, Myrtle Beach, Carolina Forest, Murrells Inlet, and an upcoming Surfside Beach location. Our licensed professionals provide compassionate, evidence-based care for individuals, couples, and families, offering services for anxiety, depression, trauma, grief, marriage counseling, and more.

Public Relations Department  
Oceanic Counseling Group LLC  
+1 843-894-0000

[email us here](#)

Visit us on social media:

---

This press release can be viewed online at: <https://www.einpresswire.com/article/853532794>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.