



UPHOLDING
MENTAL HEALTH

Mirci Makes A Difference

In July, Mirci received data from the SC Revenue and Fiscal Affairs Office, highlighting our impact on the greater Columbia community in 2023. We're proud to have significantly reduced emergency department visits and inpatient hospitalizations while delivering tens of thousands of behavioral healthcare services and securing stable housing for those in greatest need.

Take a look at our impact below:

\$6.1M

Avoided expenses for healthcare systems due to Mirci's housing and behavioral healthcare programs

32,000+

Behavioral healthcare services provided by Mirci to people living with Mental Illness

316

Individuals were housed through Mirci's supportive housing programs

70%

Reduction in emergency department visits due to mental illness and substance abuse issues

74%

Reduction in inpatient hospitalizations due to mental health and substance abuse issues

Statistics provided by SC Revenue and Fiscal Affairs Office (2023)

Mirci Families Head Back-to-School



As students across the Midlands head back to school, one of our cherished yearly initiatives at Mirci is to provide supplies for the children of our clients.

This year, our staff came together to gather, pack, and deliver these items, ensuring that every student starts the school year equipped for success.

The entire Mirci family is deeply grateful to our generous donors for making this project happen!

Save The Date!

Our annual wine and food pairing event, Merry Mirci Holiday, will be held

Thursday, December 12th at the Columbia Museum of Art.

Stay tuned for more details in the coming weeks!



Mental Health Corner: A Guide to Self-Care

August is National Wellness Month, the perfect time to explore the inner workings of your mind, which is essential for personal growth and well-being. Here are some clinically proven, tried-and-true methods to help increase your overall wellbeing each day:

Maintain a Balanced Diet

A nutritious diet rich in fruits, vegetables, whole grains, and lean proteins supports overall health. Balanced eating helps manage weight, improves mood, and reduces the risk of chronic diseases. Focus on a variety of nutrient-dense foods for optimal well-being.

Prioritize Quality Sleep

Quality sleep is essential for physical and mental health. Adults should aim for 7-9 hours of sleep per night. Establish a consistent bedtime routine, create a restful environment, and avoid screens before going to bed to improve sleep quality.

Engage in Regular Physical Activity

Regular exercise, such as brisk walking or cycling, is proven to reduce stress, improve mood, and boost overall health. Aim for at least 20 minutes of moderate aerobic activity 3-4x per week.

Practice Mindfulness & Stress Reduction

Mindfulness practices, including meditation and deep-breathing exercises, are effective in reducing anxiety and improving emotional regulation. Incorporate these practices into your daily routine for better mental well-being.

Stay Hydrated

Drinking sufficient water daily is crucial for maintaining overall health. Proper hydration supports digestion, cognitive function, and energy levels. Aim for about 8 glasses a day, and adjust based on your activity level and climate.

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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