

V.O.I.C.E. Therapeutic Solutions Launches V.O.I.C.E. C.A.R.E.S. a Peer Support Warm Line 833.495.1869 to Help Those Impacted by Covid-19 & Other Challenges

Warm lines are proving to be an effective way to provide support for people going through tough times. VOICE CARES is a new warm line stepping up to provide support where and when it's needed.

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The pandemic has had a negative impact on the mental health of many North Carolinians. Data suggests that during the pandemic, about 4 in 10 adults in the U.S. reported experiencing mental health challenges. Most won't turn to treatment. [VOICE CARES](#) is a new peer staffed warm line, that provides a supportive ear to callers who want to share their thoughts and feelings about life and its challenges, with a person who also has lived experience. Calls are welcome from all over NC but the primary focus is on Eastern NC, which has less access to mental health services than other parts of the State. The Covid-19 pandemic has increased the urgency for solutions to fill this gap in mental health services. V.O.I.C.E. C.A.R.E.S. warm line is one possible solution. The warm line also connects callers in the East to peer support specialist in their area. V.O.I.C.E. C.A.R.E.S. is a campaign of the very well-regarded [VOICE Therapeutic Solutions](#), a mental health agency providing outpatient therapy, peer support and peer support certification training via sister company [NC-H.O.P.E.](#)

V.O.I.C.E. C.A.R.E.S. is a Free, Confidential, Non-Judgmental, line that offers empathy, support, and a listening ear 24 hours a day. The Warm Line also provides referrals to resources, such as mental health services, COVID vaccine and testing sites, shelters, financial assistance programs, support groups, and much more. It is important to note, a warm Line is not a Hotline, the difference is that warm lines take an early intervention approach to alleviating challenges, while hotlines are more often used to manage crises that already exist.

“Due to the pandemic and its aftermath, many people are struggling. We get calls from people representing all walks of life who have a common need for connection and understanding. Some just want to talk and need someone to listen. Others are looking for information about resources that can help,” commented Dr. Kemi Amola-Hill the owner of V.O.I.C.E. Therapeutic Solutions. “A little support from someone who gets it goes a long way to those in need.”

North Carolinians are fortunate to have forward thinking policy makers who are willing to invest in long term solutions to alleviate the mental health fallout exacerbated by the pandemic. North Carolinians will reap the benefits of the investment in the 24-hour peer support warm Line long after the virus itself has been eradicated.

For more information be sure to visit <https://www.voicecaresforyou.com> or call 833.495.1869.

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