

**What You Can Expect
When Calling the TLC Line...**

Attentive Listeners

Non-judgmental Support

Available Resources

A Safe Encounter

Confidentiality

HOPE

CCC Locations

402 S. Silver Springs Rd.
Cape Girardeau, MO 63703
(573) 334-1100

309 Garrett Street
Fredericktown, MO 63645
(573) 783-4104

103 El Nathan Drive
Marble Hill, MO 63764
(573) 238-1027

406 N. Spring St., Suite 2
Perryville, MO 63775
(573) 547-8305

820 Park Drive
Ste. Genevieve, MO 63670
(573) 883-7407

Peer Impact Center and TLC Warm Line

113 S. Silver Springs Road #101
Cape Girardeau, MO 63703
Peer Impact Center (573) 803-0322
TLC Warm Line office (573) 803-0925

Community Counseling Center is a
private, charitable, (c)(3), not-for-profit
behavioral health organization.
Governing Board members are selected
from the communities served by the
Community Counseling Center.

TLC Line

402 South Silver Springs Road
Cape Girardeau, MO 63703

RETURN SERVICE REQUESTED

***TLC
Line***

You need to *Talk*
Someone to *Listen*
That's when you call the
TLC Line

Available:
7 days a week
4:00 p.m. to 10:00 p.m.

Cape Girardeau Area:
651-3642

Toll Free:
1-877-626-0638

24 Hour Crisis Line:
1-800-356-5395

Visit Our Web:
www.cccntr.com

Welcome To The TLC Line

When you need to talk...

We're here to listen...

There are many times you just need to talk to someone, to let off steam, or sort through your day. We listen and offer reassurance that you have been heard and that someone cares.

The TLC Line is a peer-run service providing ongoing telephone support to mental health consumers as you work towards your recovery.

We can offer a perspective and feedback that stems from dealing with mental health issues ourselves. We can understand your feelings without judgment and we will take the time to listen to what you have to say.

About Us

The TLC Line is supported by Community Counseling Center and is compliant with Missouri Department of Mental Health (DMH) grant funded program. We are managed and operated under the auspices of the Consumer Advisory Board.

Mission

TLC Warm Line provides sensitive listening and support to mental health consumers and in so doing, increases their wellbeing and provides hope in their personal recovery journey.

TLC Line Goals

The goals of the TLC Line are to offer positive telephone service to our peers who are in distress and, if needed, refer them to other appropriate services.

- To fulfill a need in the community by offering help to peers *from* peers who have been through the system and can empathize with a caller's situation.
- To assist people through a difficult period or circumstance or to share a phone caller's positive experiences.
- To be there for you when there may be no other source of support; to encourage each caller to find a resolution to his/her problems while respecting their entitled right to make their own decisions.
- To treat all callers with respect and dignity, while maintaining confidentiality.

Philosophy

As an entity dedicated to offering comfort and support to mental health consumers, the TLC Line provides the opportunity for consumers to share their concerns with other mental health consumers. It is the belief that TLC Line peer support brings an inherent insight to TLC Line callers to share empathy and hope.

Promotion of Well-Being

1. Contributing to one's environment and community.
2. Good health by occupying pleasant, stimulating environments that support well-being.
3. Engaging in regular physical activity, good nutrition and taking care of illnesses.
4. Awareness of one's feelings while maintain satisfying relationships.
5. Searching for meaning and purpose in our lives.
6. Satisfaction and enrichment derived from one's work.
7. Creativity and mentally appealing activities.
8. Satisfaction with current and future finances.

If you need to talk to someone when dealing with life's stress, call the
TLC Warm Line.

If you are suicidal please call the
Crisis Hot Line @ 1-800-356-5395 or call
Access Crisis Information in your area..



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