



PRESS RELEASE
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Catholic Charities launches Sister Hope, an emotional support chat service

CHARLESTON, SC - Since the COVID-19 pandemic started, it has taken an emotional toll on many people. These difficult times have drastically increased stress and worry. In response, Catholic Charities of South Carolina is providing a new ministry called Sister Hope, a chat service that provides on-demand emotional support by helping users manage stress and working with them to develop coping strategies to deal with everyday anxiety.

Sister Hope was developed by ministry professionals and clinical psychologists. It is supported by chatbot technology, and is anonymous, secure, and confidential, just like conversations with a healthcare professional. No one from the church, or any service, will ever have access to the conversations. Additionally, the service is free to use, and available 24/7.

“The chatbot technology uses self-learning artificial intelligence, meaning the more a person chats, the more Sister Hope learns how best to help,” said James Kaiser, director of Catholic Charities of South Carolina. “The service has helped more than 13 million people worldwide and we’re hoping it can assist even more people in the Diocese of Charleston.”

To get started, simply send the message “Hi” to Sister Hope at (315) 276-3157 or message her on Facebook at <https://www.facebook.com/SisterHopeSC>.

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