

Influential Women Spotlights Porsche Collins: Championing Mental Health Care Through Empathy, Advocacy, And Support

CHARLOTTE, NC, UNITED STATES, August 26, 2026 /EINPresswire.com/ -- Licensed Clinical Social Worker and Founder of Empathic Hues Counseling and Consultation Brings More Than 15 Years of Experience to Client-Centered Mental Health Care

Charlotte, North Carolina — Porsche Collins, LCSW, CCM, is a Licensed Clinical Social Worker, Certified Case Manager, and mental health professional with more than 15 years of experience serving individuals across healthcare, forensic mental health, and community-based settings. As the Founder and Therapist at Empathic Hues Counseling and Consultation, PLLC, she provides compassionate, client-centered psychotherapy services to adults across multiple states, with a focus on anxiety, depression, life transitions, stress management, and emotional wellness.



Through her practice, Collins is committed to creating safe and supportive environments where clients can feel heard, develop resilience, strengthen coping skills, and work toward meaningful personal growth. Her approach is grounded in empathy and understanding, while recognizing that every client enters therapy with a different history, set of circumstances, and personal goals.

Collins holds a Master's Degree in Social Work from Southern Connecticut State University and earned a Health Law Certificate from Cornell University in 2024. Her continued professional development has expanded her understanding of healthcare regulations, ethics, compliance, and patient rights, complementing her clinical expertise and allowing her to approach mental health care from both therapeutic and broader healthcare perspectives.

Licensed in Clinical Social Work across North Carolina, South Carolina, Georgia, Connecticut, Massachusetts and Indiana, Collins is also a Certified Case Manager. Throughout her career, she has developed expertise in psychotherapy, crisis intervention, telehealth services, care coordination, utilization management, and evidence-based treatment planning.

Before establishing her private practice, Collins held clinical and leadership positions with organizations including The Cigna Group, Mecklenburg County, and the State of Connecticut's Department of Mental Health and Addiction Services. Through these roles, she supported individuals navigating complex behavioral health, housing, and healthcare challenges, gaining valuable experience working with people facing a wide range of circumstances and barriers to stability.

Her decision to pursue a career centered on helping others was influenced by her grandmother, whose compassionate presence and commitment to supporting people left a lasting impression on Collins. That influence continues to shape her professional philosophy today, particularly her emphasis on empathy, advocacy, and holistic care.

Collins is especially passionate about helping people who are experiencing therapy for the first time. Beginning the therapeutic process can feel uncertain or intimidating, particularly for individuals who may not know what to expect or who have never had a space dedicated to openly discussing their emotional well-being. Collins works to create an environment where clients can approach that process with greater confidence and a sense of safety.

She is also passionate about supporting individuals navigating major life transitions. Changes in relationships, careers, family circumstances, health, or other aspects of life can create significant emotional challenges. Through individualized support, Collins helps clients develop practical coping strategies and identify pathways toward greater emotional stability and personal growth.

Collins attributes much of her professional success to the people who have supported and mentored her throughout her career. She has benefited from mentors who were willing to share their knowledge openly, take time to guide her, and help her navigate professional challenges without withholding valuable information. She also recognizes the importance of people who have supported her business by sharing information about her work and referring to individuals who may benefit from her services.

For Collins, success is therefore not an individual achievement. It is connected to the network of mentors, colleagues, supporters, and community members who have contributed to her development and helped her continue moving forward.

One of the most important lessons Collins has learned throughout her career is the importance of confidence and persistence. She recognizes that professionals can possess valuable skills and

expertise, but those capabilities may go unnoticed if they are unwilling to put themselves and their work forward. Learning to become comfortable promoting her work and making others aware of her services has been an important part of her own professional growth.

Collins carries that lesson into her advice for young women entering the mental health and healthcare fields. She encourages them not to allow age to determine what they believe they are capable of accomplishing. Being young or having less experience does not mean someone lacks the credentials, ability, or determination necessary to succeed.

She also encourages young professionals not to allow others to convince them that they have not earned the right to pursue opportunities. Collins believes that women have valuable skills and perspectives to contribute, and that professionals should remain focused on doing the work they were hired and prepared to do rather than allowing dismissive comments to undermine their confidence.

Within mental health care, Collins identifies affordability and insurance coverage as significant challenges for clients. Changes in insurance coverage can disrupt treatment when a service that was previously covered is no longer accessible under a new plan. Such disruptions can be particularly difficult for individuals who are already navigating emotional or mental health challenges.

Scheduling is another practical challenge. Collins offers morning, afternoon, and evening appointments to accommodate different needs, but demand for evening appointments can be especially high among clients balancing therapy with work and other responsibilities. Ensuring that clients have appropriate support and resources when scheduling or insurance circumstances change remains an important part of her work.

Flexibility is therefore a central component of Collins' professional philosophy. She recognizes that plans do not always unfold as expected, and successful care sometimes requires individuals and professionals to adjust their approach. Rather than viewing unexpected changes solely as obstacles, she believes it is important to remain open to new circumstances, understand when a pivot is necessary, and continue moving forward.

Patience is one of the values Collins considers most important in both her professional and personal life. She emphasizes the importance of extending that patience to herself as well as to others. Understanding, flexibility, and the willingness to adjust when circumstances change are equally important to her approach.

Through Empathic Hues Counseling and Consultation, PLLC, Porsche Collins continues to build on a career defined by compassion, advocacy, clinical expertise, and service. Her work reflects a commitment to making mental health care more supportive and accessible while helping individuals feel understood and empowered throughout their personal journeys.

By combining more than 15 years of professional experience with empathy, patience, flexibility, and a strong commitment to client-centered care, Collins continues to support individuals as they navigate challenges, transitions, and opportunities for growth. Her career demonstrates the meaningful impact that thoughtful mental health professionals can have when they create space for people to feel heard, supported, and confident in their ability to move forward.

Learn More about Porsche Collins:

Through her Influential Women profile, <https://influentialwomen.com/connect/porsche-collins> or through her website, <https://www.empathichues.com/>

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