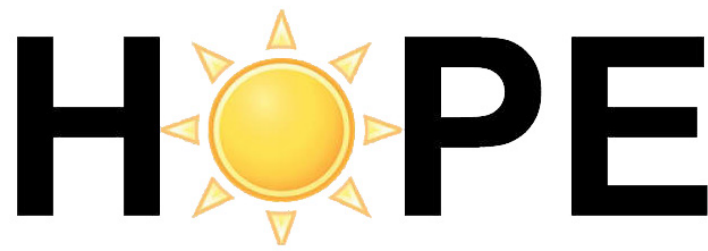


SHOW-ME



MISSOURI

SHOW ME HOPE HELP LINE 314-747-7492

Have you been affected by
COVID-19?

We're Here to Listen

We are a federally funded crisis counseling program

Some of the things we offer include free:

Coping and resiliency skills education

Disaster preparedness and response education

Referrals to community resources

Additional Support Resource:

National Suicide Prevention Lifeline

800-273-8255

Amanda Lockett Murphy
Hopewell Center

www.hopewellcenter.com

BJC Behavioral Health

bjcbehavioralhealth.org

Places for People

www.placesforpeople.org

**HELP STOP
COVID-19**

DO THE FIVE

- 1 WASH YOUR HANDS**
- 2 COUGH IN YOUR ELBOW**
- 3 DON'T TOUCH YOUR FACE**
- 4 STAY 6 FEET APART**
- 5 FEEL SICK - STAY HOME**

DHSS COVID-19 Hotline

877-435-8411 (24 Hours)

Disaster Distress Helpline

800-985-5990

Text "TalkWithUs" to 66746