

SHOW-ME  
**HOPE**  
MISSOURI



# IT'S OKAY TO ASK FOR HELP

CAN WE TALK?

SEEN 10:21



TYPING...

You don't have to  
fight your battle  
alone. Talk to us.

*Community Counseling Center*

CRISIS COUNSELORS ARE ALSO AVAILABLE  
DURING THE DAY THROUGH OUR LOCAL  
OFFICES. JUST CALL 573-334-1100 AND ASK  
TO SPEAK TO A "SHOW ME HOPE"  
COUNSELOR. A COUNSELOR WILL CALL YOU  
BACK TO ASSESS YOUR NEEDS AND PROVIDE  
SUPPORT.

SHOW ME HOPE CRISIS COUNSELORS ARE  
AVAILABLE TO ANY MISSOURIAN  
EXPERIENCING STRESS OR EMOTIONAL  
STRAIN DUE TO COVID-19. CITIZENS MAY  
ALSO CONTACT THE DISASTER DISTRESS  
HELPLINE 24 HOURS A DAY, SEVEN DAYS A  
WEEK AT 1-800-985-5990 OR SEND A TEXT  
MESSAGE "TALKWITHUS" TO 66746.