



State of Missouri Team Members,

These are unprecedented times, but **the *Show Me Hope* team wants you to know help is just a text or phone call away.** *Show Me Hope* is Missouri's Crisis Counseling Program in response to the impacts of COVID-19. It is funded through FEMA.

The Department of Mental Health's *Show Me Hope* program provides a free, confidential, multilingual helpline available 24/7 for anyone experiencing emotional difficulties due to the pandemic. All Missourians are eligible to use it, and it connects individuals to the DMH system of care. The number is **800-985-5990**.

Sometimes you just need to talk to someone other than your family or friends about your work or personal stress. Maybe you can't sleep, or are having trouble concentrating; perhaps you find yourself eating or drinking more, and your temper is hard to keep under control.

These are common stress reactions, and solutions are available. Not only can you call/text the *Show Me Hope* Helpline at the number above, but the website has additional resources, too. At [MOShowMeHope.org](https://www.MOShowMeHope.org) you will find:

- Self-care resources including apps and articles, and
- Outreach resources including weekly DMH CARES episodes—a live, interactive wellness webinar presented every Tuesday from 3:30 p.m. to 4:00 p.m. It is open to anyone that registers.

Recently three celebrities endorsed the *Show Me Hope* program with video messages. These videos are in the *Show Me Hope* media tool-kit: <https://sites.google.com/view/showme-hope-media-kit/home>. Please feel free to share them on your personal social media accounts.

- Jackie Joyner-Kersey - https://youtu.be/baZiJCu_3nM
- Cedric the Entertainer - <https://youtu.be/WqCVaCatYoo>
- Chris Harrison - <https://youtu.be/AFsso0GEgT0>

A fourth video from Andy Reid, the Kansas City Chiefs' head coach, is coming in early 2021.

Show Me Hope is here for you, whenever you need it.

Mark Stringer
DMH Director

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