

COVID 19 Resources for Emotional Wellbeing

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Stressed by COVID-19?

Access these resources for your emotional health:

<https://dmh.mo.gov/disaster-services/covid-19-information>

DHSS COVID-19 24 hour hotline:[877-435-8411](tel:877-435-8411)

Disaster Distress Helpline: Phone [800/985-5990](tel:800-985-5990).

Text "TalkWithUs" to 66746