

Many Missourians live in congregate care facilities statewide.

The loss we are experiencing is devastating and compounded by an emotional toll that lingers. Staff and administrators must continue to combat the pandemic with no end in sight. Family members face the holidays without a loved one.

Know that there is hope for everyone.

Show-Me Hope is the statewide crisis counseling program to address the stress, strain, grief and loss throughout Missouri. It is free, confidential and available 24/7. Individuals can access a toll free helpline to discuss their feelings and be referred to services such as grief counseling. Employers can arrange virtual stress management programs for staff and family.

Call or text 800/985-5990 today and ask to be connected to the local Show-Me Hope program in your community.

Additional information can be found at:

[CDC](#)

[CMS](#)

[Show Me Strong data](#)

SHOW-ME  
**H**  **PE**

MISSOURI

DISASTER DISTRESS HELPLINE

CALL: 1-800-985-5990

MOSHOWMEHOPE.ORG

  @MOShowMeHope

