

SHOW-ME

HOPE

MISSOURI

**SHOW ME HOPE HELP LINE 1-800-985-5990**

Have you been affected

COVID-19?

We're Here to Listen

HELP STOP

COVID-19

*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 Resources:**

Mental Health Crisis Line 844-853-8937  
Compass Health 7 a.m. - 7 p.m.

Mental Health Crisis Line 800-833-3915  
After Hours 7 p.m. - 7 a.m.

**ALM HOPEWELL CENTER 314-531-1770**

National Suicide Prevention Lifeline 800-273-8255

DHSS COVID-19 Hotline 877-435-8411 (24 Hours)

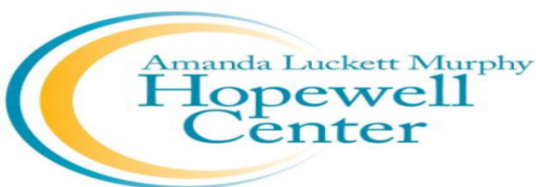
Disaster Distress Helpline 800-985-5990  
Text "TalkWithUs" to 66746

**DO THE FIVE**

- 1.) WEAR A MASK
- 2.) WASH YOUR HANDS
- 3.) DON'T TOUCH YOUR FACE
- 4.) STAY 6 FEET APART
- 5.) FEEL SICK - STAY HOME

**EMERGENCY CRISIS  
HOTLINE**

**1-800-811-4760**



## **We are an official Federally Funded Program and Crisis Counseling Program designed to help the public for FREE.**

**SHOW ME HOPE:** offers free support to persons impacted by tornadoes flooding and now the COVID-19 pandemic, with the following services:

- **CRISIS COUNSELING:** Do you need help dealing with stress and anxiety? Do you, or your children, experience fear when it storms? Do you need someone to talk to? Do you want to learn coping and resiliency skills? Call our HELPLINE at 573-247-1629.
- **RESOURCES AND REFERRAL:** Need assistance with locating local community resources? Or referrals to local agencies for various types of assistance? We are here to help.
- **DISASTER PREPAREDNESS EDUCATION:** Education on preventing and dealing with COVID-19 and how you and your family can be prepared for a flood and/or a tornado.

### **COPING WITH STRESS DURING INFECTIOUS DISEASE OUTBREAKS**

**KEEP THINGS IN PERSPECTIVE:** Set limits on how much time you spend reading or watching the news about the outbreak. Focus on things in your life that are going well, you can control, and are positive and helpful.

**GET THE FACTS:** Find people and resources you can depend on for accurate health information. Look for Official Sources, See Below, to learn from them about the outbreak and how you can protect yourself against illness, if you are at risk.

**KEEP YOURSELF HEALTHY:** Eat healthy foods and drink water. Get enough sleep and physical exercise. Avoid excessive amounts of caffeine and alcohol and do not use tobacco or illegal drugs. **WASH YOUR HANDS, Avoid Touching Your Face, Practice Social Distancing.**

### **IF YOUR CHILD HAS STRESS DURING A STORM, HELP THEM TO USE THESE COPING SKILLS**

1. **ASK** children what worries them, and what might help them cope.
2. **OFFER** comfort with gentle words, a hug, or just your presence.
3. **SPEND** more time with the children than usual, even for a short while. Give them their favorite toy, book, stuffed animal or pet, to comfort them.
4. **GIVE** age-appropriate tasks to participate in, makes them feel useful.
5. **SUPPORT** children spending time with friends, or having quiet time to write, draw, or create art.
6. **ENCOURAGE** children to participate in activities, so they can move around, play fun games, and not isolate. NOTE: COVID GUIDELINES
7. **BREATH 4-4-4:** Breathe in 4 seconds, hold it 4 sec., breathe out for 4.