



SHOW ME HOPE is Missouri's crisis counseling program (CCP) in response to a disaster or critical event. Counselors are based in the local community to teach coping and stress management skills to anyone dealing with the anxiety and uncertainty caused by the event. The CCP helps individuals and communities recover from natural and human-caused disasters through community outreach and access to resources including mental health services.



moshowmehope.org



1-800-985-5990



SHOW-ME
HOPE
MISSOURI

*You can **RECOVER, REBUILD,**
and become **RESILIENT.***