Dear \_\_\_\_\_,

Good news! Missouri launched Show-Me Hope to address the ongoing stress and anxiety caused by COVID19. Our STL metro team blends expertise from local, trusted agencies. Together we offer free, confidential crisis counseling services for your constituents in STL City and County. Will you help us get the word out about Show-Me Hope?

**What is Show-Me Hope?** A statewide crisis counseling program (CCP) to address the emotional needs of every Missourian dealing with the impacts of COVID19.[[1]](#footnote-1) All services are free, confidential, virtual, and follow best practices of pandemic/disaster response. Local CCP staff (or experts they recruit) deliver information and education on:

* stress management and coping techniques
* problem solving skills and connection to community services/resources
* building resilience now and for the future

**Access these Resources Now!**

* **SHOW-ME HOPE Disaster Distress Helpline**

Talk to a counselor now. Free confidential services available 24/7. Everyone is eligible to call.

Phone: **800/985-5990** Text: **"TalkWithUs"** to **66746**

* **MOShowMeHope.org**

One stop shop for coping and stress management resources, self-care tools and links to our statewide network of Show-Me Hope teams.

* **DMH CARES Show-Me Hope Tuesdays 3:30-4:00 pm.**

Self-care seminars free via WebEx; registration required. Open to everyone

The  [Registration Link](https://urldefense.proofpoint.com/v2/url?u=https-3A__lnks.gd_l_eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA3MTMuMjQzMTAwMzEiLCJ1cmwiOiJodHRwczovL3N0YXRlb2Ztby53ZWJleC5jb20vbXczMzAwL215d2ViZXgvZGVmYXVsdC5kbz9zaXRldXJsPXN0YXRlb2ZtbyZzZXJ2aWNlPTYifQ.ypcEXby0uXU7rj-5FoEr0RhsIu3lb8ym5LdApPK4IeP-2D4_s_774461476_br_80976120065-2Dl&d=DwMFAA&c=GSntNbUav5AC0JJIyPOufmfQT3u3zI7UKdoVzPd-7og&r=B8m7hM21BAEFTFkdP9xZEfxO2kyvqsJhs1NomWS9osA&m=2NAuwOf_04DO-sx2eD5TiiATlpXDVQ2YjO3cWfR6fMo&s=e_xezSu6POGZTcVK6APDkxtY7z8r9n4yFRVbioI2ItU&e=) takes you to the State of Missouri WebEx site.  Look for the DMH CARES listings by date and click on the registration link.  Provide the required information and that’s it.

**Our Request**

We need your help in marketing the help available. Will you connect us to your service providers, clients, and family members who could benefit from Show-Me Hope? All Missourians are eligible. To reach/help as many people as possible, we ask that you:

1. Promote the Show-Me Hope Disaster Distress Helpline, DMH CARES and moshowmehope.org, e.g. on your website or social media.
2. Distribute Show-Me Hope information (see attached sample fliers) to your staff, recipients of services, community partners or their contacts, or anyone who could benefit from these services.
3. Collaborate with us further in creative and flexible ways. Our crisis counselors can speak briefly at your staff or community meetings regarding our services; facilitate group meetings around topics such as stress management, grief and loss, etc.; connect you to speakers on a topic customized for your community; or reach out to STL residents you suggest could use extra support at this time.

**Good to Know**

* No records or personal identifying information is kept on the individuals we serve. However, we do track our outreach efforts and basic demographics. We use the data for program refinement and reporting to our funders.
* IF you distribute a flier or other materials for to your constituents, please let us know if you shared CCP information and with whom to inform our planning—let one of the mangers listed below know.
* The STL metro team prioritized these populations: Seniors; Children /Youth & their caregivers, and the Unhoused, while we aim to reach everyone! Meet our Show-Me Hope Program Managers leading these efforts:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Program Managers** | **Agency** | **Geographic area/***Special population emphasis* | **Cell phone** | **Email** |
| Angie Liefer | BJC Behavioral Health | Mid City/County*Children / Youth & their caregivers* | 314-747-7492 | Angela.Liefer@bjc.org |
| Leon Farrar | Places for People | South City/County*Unhoused* | 314-535-5600 | lfarrar@placesforpeople.org |
| Angie Blumenthal | Hopewell Center | North City/County;*Seniors* | 314-531-1770 | ablumenthal@hopewellcenter.com |

Show-Me Hope is here for you! Contact me or one of the managers to discuss ways that we can support your efforts.

Thanks for all you do. With appreciation,

(your name, title, contact)

1. The Federal Emergency Management Agency (FEMA) funds the CCP through a grant to Missouri Department of Mental Health (DMH). [↑](#footnote-ref-1)