


SHOW-ME
H  **PE**
MISSOURI

Have you been affected by COVID-19?
We're here to Listen.

We are a federally funded crisis counseling program

Some of the things we offer include free:

Coping and resiliency skills education

Referrals to community resources

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 information. Look for official sources to learn from them about the outbreak and how to protect yourself against illness.

Keep Yourself Healthy: Eat healthy foods and drink water. Get enough sleep and physical exercise. Avoid excessive amounts of caffeine and alcohol. Do not use tobacco or illegal substances.

DO THE FIVE
To Help Stop Coronavirus 

- 1 HANDS** – Wash them often.
- 2 ELBOW** – Cough into it.
- 3 FACE** – Don't touch it.
- 4 FEET** – Stay more than 6 feet apart.
- 5 FEEL** sick? Stay home.

MO Show Me Hope Helpline 800.985.5990

Remember, if you feel stressed, you can reach us
on our **24-HOUR HELP** and **RESOURCE LINE** at
800.801.4405, or call us at **417.235.6610 Ext. 120**