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News Release

Help Available for Missouri Residents Feeling Stress After Disasters

JEFFERSON CITY, Mo. – The state of Missouri has received federal funding for a program that provides counseling for residents feeling stressed or overwhelmed because of the **April 29-July 5** storms and flooding.

The Show Me Hope program is open to individuals and families who live in the following 20 counties designated for federal disaster assistance: **Andrew, Atchison, Boone, Buchanan, Carroll, Chariton, Cole, Greene, Holt, Jackson, Jasper, Lafayette, Lincoln, Livingston, Miller, Osage, Pike, Platte, Pulaski, and St. Charles.**

Crisis counselors in the 20 counties are available to connect residents with local mental health resources. All counseling provided is free and confidential.

You may contact the Show Me Hope provider covering these counties:

- Pike County
 - Arthur Center: 573-582-1234
- Boone, Carroll, Chariton and Greene counties
 - Burrell Behavioral Health: 417-761-5898 Contact: Matt Lemmon
- Cole, Jackson, Lafayette, Lincoln, Miller, Osage, Pulaski and St. Charles counties
 - Compass Health: 844-853-8937
- Livingston County
 - Department of Mental Health: 573-751-3070
- Andrew, Atchison, Buchanan, Holt and Platte counties
 - Family Guidance Center: 816-364-1501
- Jasper County
 - Ozark Center: 417-434-3458

The state is applying for six additional counties to be added to the crisis counseling services, namely: **Callaway, Jefferson, Lewis, McDonald, Newton and Saline.**

A separate counseling service is open to any Missouri resident who is experiencing stress or emotional strain from disasters. Contact the disaster distress helpline **24 hours a day**, seven days a week at **800-985-5990**. You can also send the text message “TalkWithUs” to **66746**.

Follow recovery updates in Missouri on Twitter [@MOSEMA](#) and [@FEMARegion7](#). Get the latest information at [Missouri's recovery website](#) and [FEMA's disaster webpage](#).

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FEMA's mission is helping people before, during and after disasters.