

Phoenix Programs

real people | real treatment | real recovery



SHOW-ME

HOPE

MISSOURI

We are an official Federally Funded 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 573-875-8880.
- 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.

24-Hour Help Line
573-875-8880

Has your life changed because
of COVID-19?

Have you been struggling with
those changes?

Need a place to share about
your struggles?

JOIN US FOR

COVID CRISIS SUPPORT

Mon, Wed, & Fri at 1pm

Zoom Info:

Meeting ID: 93651443826

Password: 443415

90 E. Leslie Ln. Columbia, MO 65202 | 573.875.8880 | www.phoenixprogramsinc.org

