Are you working to help people affected by the COVID-19 pandemic?

Use these principles of Psychological First Aid (PFA) when working with survivors:

- **Respond to requests and initiate contacts in a nonintrusive, compassionate, and helpful way.**
- **Help people meet their basic needs.**
- **Calm emotionally overwhelmed or disoriented individuals.**
- **Identify immediate needs and concerns.**
- **Empower people to take steps to meet their needs.**
- **Encourage people to reach out to family and friends via phone, text, or other virtual methods.**
- **Provide information about common stress reactions.**
- **Link people with available resources.**

**ADDITIONAL RESOURCES:**

- **Disaster Distress Helpline:** 1–800–985–5990
- **National Suicide Prevention Lifeline:** 1–800–273–TALK (1–800–273–8255)
- **The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:** 1–800–662–HELP (1–800–662–4357)

PFA Online Course from the National Child Traumatic Stress Network and National Center for Posttraumatic Stress Disorder: [https://www.nctsn.org/resources/psychological-first-aid-pfa-online](https://www.nctsn.org/resources/psychological-first-aid-pfa-online).

SAMHSA Disaster Technical Assistance Center website at [https://www.samhsa.gov/dtac](https://www.samhsa.gov/dtac) or call us at 1–800–308–3515.

SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.

# Show-Me Hope
## Disaster Distress Helpline

<table>
<thead>
<tr>
<th>Call</th>
<th>Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-985-5990</td>
<td>“TalkWithUs” to 66768</td>
</tr>
</tbody>
</table>

Counselors available 24/7

---

**Follow Us:**
- Missouri Show Me Hope Crisis Counseling Program
  - MoShowMeHope.org
  - Facebook
  - Twitter

---

## Direct Contacts for Eastern Missouri

<table>
<thead>
<tr>
<th>Agency</th>
<th>Hopewell Center</th>
<th>Places for People</th>
<th>BJC Behavioral Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geographic Area</td>
<td>North City/County</td>
<td>South City/County</td>
<td>Mid-City/County</td>
</tr>
<tr>
<td>Population Emphasis</td>
<td>Seniors</td>
<td>Unhoused</td>
<td>Children/Youth &amp; their Caregivers</td>
</tr>
<tr>
<td>Cell Phone</td>
<td>314-629-0220 (Angie)</td>
<td>314-409-2282 (Leon)</td>
<td>314-295-4878 (Angie)</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:ablumenthal@hopewellcenter.com">ablumenthal@hopewellcenter.com</a></td>
<td><a href="mailto:Ifarrar@placesforpeople.org">Ifarrar@placesforpeople.org</a></td>
<td><a href="mailto:angela.liefer@bjc.org">angela.liefer@bjc.org</a></td>
</tr>
</tbody>
</table>