

Catholic Charities
of Central and Northern Missouri

Feeling anxious or sad?

Hope can help!

Hope is a FREE chat service providing encouragement and strategies on how to manage everyday stress and anxiety using Chatbot technology.

To connect with Hope, text "Hi" to 1-202-949-7249.
When prompted, use start code: CCCNMO

- Hope is anonymous, private, and available 24/7/365.
- Proven, faith-based, emotional and mental support service.
- Built by clinical psychologists, Hope offers innovative technology and research-backed custom mental health help when and where you need it.

Hope is used by over 13 million people world wide.

If you are experiencing a crisis and/or suicidal thoughts, please CALL or TEXT the Suicide & Crisis Lifeline at **988.**