

# Pandemic Support Programs for Essential Workers



We are here to help!

**BURRELL**  
BEHAVIORAL HEALTH



## Show-Me Hope

Burrell Behavioral Health has partnered with Show-Me Hope, a free Crisis Counseling Program, in response to COVID-19. Show-Me Hope provides resources and information to guide you through pandemic-related stress.

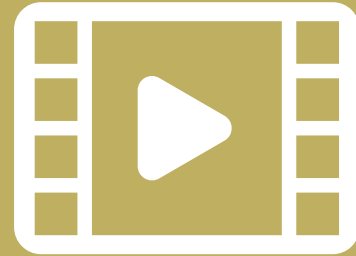
For more information, visit [www.moshowmehope.org](http://www.moshowmehope.org) or

SHOW-ME



MISSOURI

call the Burrell  
24-Hour Line at  
**800-494-7355.**



Free Psychoeducation

**Videos for**

**Healthcare Workers**

[www.burrellcenter.com/  
covid19response](http://www.burrellcenter.com/covid19response)



## Community Groups on Facebook

This unique space allows you to connect with others in your community and receive free COVID-19 resources. Share your thoughts, ideas, tips and questions on our Facebook group, made just for you.

**Go to [Facebook.com/BurrellCenter/Groups](https://www.facebook.com/BurrellCenter/Groups):**

- Be Well Community - Self-Care & Connection for First Responders/Healthcare
- Be Well Community - Self-Care & Connection for Seniors