



Feeling anxious or sad? Hope can help!

QUESTIONS? YOU CAN EMAIL: HOPE@CCCNMO.ORG

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 or
visit facebook.com/HopeCCUSA
use Start Code: CCCNMO

- Hope is anonymous, private, and available 24/7/365
- Proven, faith-based, emotional and mental support service
- Hope offers proven technology to offer custom mental health help when and where you need it. She is used by over 13 million users world wide.



Catholic Charities of Central and Northern Missouri is grateful for the generous support of Catholic Charities USA in bringing Hope to our communities.

**If you are experiencing suicidal thoughts,
please contact the Suicide Hotline: 1-800-273-8255**