



# Feeling anxious or sad? Hope can help!

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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](https://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 crisis and/or suicidal thoughts,  
please CALL, TEXT, or CHAT the Suicide & Crisis Lifeline at 988**