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supports and services
THAT FOSTER self-determination.

7/23/22

Warm Weather Resources

Missouri is experiencing a heat wave with temperatures reaching 100 degrees and heat indexes over 100 degrees. Despite the extreme weather conditions, outdoor activities remain an important part of life for many people, including individuals with an intellectual/developmental disability.

[The Great Outdoors Warm Weather Edition](#) contains helpful information for individuals with disabilities and the people who support them to make the outdoors more enjoyable during warm weather conditions.

The Department of Health and Senior Services (DHSS) has information about Hyperthermia. [Click](#) for more information on where cooling stations are located and other helpful information about how to protect yourself and others from the heat.

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH