

**Need
to talk?**



NYProject
HOPE
Coping with COVID

**Feeling
uncertain,
overwhelmed,
anxious during COVID?**

Here to talk | Here to listen | Here to support

HELPLINE
(631) 500 0837

**The goals of the Crisis
Counseling Program**

Help all New York residents understand their
current situation and reactions to COVID-19

Reduce stress and provide
emotional support

Promote the use or development of coping
strategies

Connect New Yorkers with other people and
agencies who can help them in their recovery
process

Free, anonymous & confidential

A program of the NYS Office of Mental Health
Funded by FEMA