



**Supporting others through
COVID-19 isn't easy.**

**We are here to talk if you are
feeling overwhelmed.**

NEW YORK STATE

COVID-19 EMOTIONAL SUPPORT HELPLINE

1-844-863-9314

8 AM - 10 PM, 7 days a week

Healthcare workers and first responders are on the front lines of the COVID-19 emergency. Call the Emotional Support Helpline for help with anxiety, stress, depression, trauma, and grief. We're here to support you as you continue to support New York.

Call now for free and confidential support.



**Office of
Mental Health**