

CRISIS COUNSELING PROGRAM OFFERS FREE, CONFIDENTIAL SUPPORT DURING COVID-19

NY Project Hope helps New York understand their reaction and emotions during the COVID-19 pandemic. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope supports people so they can manage the changes brought on by COVID-19.

Whether you want to learn about reliable community resources that can help you or you just want to talk ... maybe it's both. Whatever it is that you need as you work to navigate your way through these very unusual times, NY Project Hope is here for you during COVID-19. If you decide to call our Emotional Support Helpline, you will reach someone who has been trained to hear what you are saying and give you the kind of support that works best for you during the pandemic...whether it's coping strategies, resources or a chance to talk - the call is always free, confidential, and anonymous. NY Project Hope's Emotional Support Helpline number is 1-844-863-9314. Trained crisis counselors are available every day from 8am to 10pm. For coping tips, relaxation exercises and much more, log onto NY Project Hope's website, [NYProjectHope.org](https://www.NYProjectHope.org)



NY Project Hope
Coping with COVID



New York's free and confidential COVID-19
Emotional Support Helpline

8am - 10pm / 7 Days

1-844-863-9314

www.NYProjectHope.org

A program of the NYS Office of Mental Health | Funded by the Federal Emergency Management Agency