

**Need
to talk?**

Feeling uncertain, overwhelmed, anxious during COVID?



[Here to talk](#) | [Here to listen](#) | [Here to support](#)

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:

- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and addressing the community's needs

Contact Us!

**Monday-Friday, 9am-5pm
914-708-6104**

We are here for YOU.

Free, anonymous & confidential

A program of the NYS Office of Mental Health
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NYProject
HOPE
Coping with COVID