

NY Project Hope

Coping with COVID



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NY Project Hope Covid-19 Crisis Counseling Program Expands Services to Meet Community Need

Local crisis counseling providers now available in 12 NY Counties

We understand. There have been changes to our routines, work, school, family life, activities...all aspects of our lives have been affected by COVID-19. Therefore, it is normal to feel stressed, isolated, scared, anxious, sad, or angry. That is why thousands of New Yorkers call the NY Project Hope Covid-19 Emotional Support Helpline to talk with trained crisis counselors who provide a listening ear, as well as information and referrals to a vast array of community resources. NY Project Hope is a statewide program of the NYS Office of Mental Health and is funded by the Federal Emergency Management Agency.

After a year since the pandemic began, the need for emotional support to help folks navigate COVID-19 continues. To meet this need, NY Project Hope is proud to announce that our crisis counseling program has expanded in 12 NY counties that have been highly impacted by COVID-19, including Dutchess, Erie, Nassau, NYC (all boroughs), Orange, Rockland, Suffolk and Westchester. NY Project Hope has contracted with several local agencies in these 12 counties that will now provide COVID-19 related crisis counseling in their respective communities. By expanding the NY Project Hope crisis counseling program in these areas, more New York residents will be able to receive the emotional support they need, along with local resources and referrals from trained crisis counselors who know their community. For more information about our local provider agencies, visit [NYProjectHope.org/providers/](https://www.NYProjectHope.org/providers/)

If you have any questions or would like to learn more about NY Project Hope services, please contact Cheryl.Gerstler@omh.ny.gov.



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What is NY Project Hope?

NY Project Hope is a FEMA-funded program that provides free, confidential emotional and public education for NY residents in response to COVID-19.

We offer...

- **An Emotional Support Helpline:** Our Helpline is staffed by trained crisis counselors who help callers talk through their emotions and find resources to help them cope with the challenges of COVID. **Call the Helpline at 1-844-863-9314, any day between 8am-10pm.**
- **Local Crisis Counseling Providers:** Local NY Project Hope COVID-19-related crisis counseling is also available in 12 of the most highly impacted counties in NY, including: Dutchess, Erie, Nassau, NYC (all boroughs), Orange, Rockland, Suffolk, and Westchester.
- **Supportive Resources:** NY Project Hope offers digital educational materials, a supportive social media presence, and a website filled with resources and relevant materials that can be accessed anytime at www.nyprojecthope.org. Follow us on [Facebook](#), [Instagram](#), and [Twitter](#).
- **Public Education:** We provide virtual presentations on a variety of coping and support topics. Contact Cheryl.Gerstler@omh.ny.gov to learn more!

Our services are always confidential, free, and anonymous.



Office of
Mental Health

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