

**Need  
to talk?**

**NYProject**  
**HOPE**  
Coping with COVID

# **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 meeting children's needs

**Contact Us!**  
**914-708-6104**

**We are here for YOU.**

**Free, anonymous & confidential**

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