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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