

**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 COVID-related stress
- Identifying and meeting children's needs

Contact us!

**Monday- Friday
9:00 AM - 5:00 PM
914-708-6104**

We are here for YOU.

Free, anonymous & confidential

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

NY Project Hope
Coping with COVID

