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NY Project Hope Supports New Yorkers During COVID-19

Helping people cope with their emotions and decision fatigue during these challenging times

COVID-19 is changing so many things in New Yorker's lives. From simply getting milk at the store to gearing up for the start of a new school year, everyday life looks different. NY Project Hope's crisis counselors help people understand and cope with their reactions and emotions to these challenging times. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope helps people do their best to manage the stress, isolation, grief, and the many other challenging emotions stemming from the pandemic.

Trained crisis counselors answer the Emotional Support Helpline from 8am to 10pm each day. They understand the emotions that arise from being unsettled and fatigued by COVID-19. They are supportive, knowledgeable about accessible resources, and trained to listen and to help by offering coping strategies and self-care guidance. New York residents can call the Emotional Support Helpline at 1-844-863-9314 any day from 8am to 10pm and be assured the call is confidential, anonymous, and free.

NY Project Hope also has a website featuring coping strategies, resources, and relaxation tips. Whether it's trying to balance the challenges of uncertainty or simply wanting to learn about available resources, visit [NYProjectHope.org](https://nyprojecthope.org).

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**Office of
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