

Whether you need to talk to someone or learn about resources in your community, our trained crisis counselors are available for you.

1-844-863-9314

8am-10pm / 7 days each week

Here to Talk
Here to Listen
Here to Support

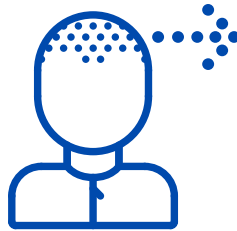
Confidential | Free | Anonymous

Self-Care Isn't Selfish... It's Smart

- Take care of your emotional health
- Take care of your body
- Unwind
- Pace yourself
- Connect with others
- Be your own advocate
- Set boundaries
- Accept changes as part of life
- Nurture a positive view of yourself
- Keep things in perspective and avoid "catastrophizing"



Coping Tips for Stressful Times...



- Limit media exposure
- Breathe slowly and deeply
- Progressive muscle relaxation
- Mindfulness activities such as meditation
- Access social supports
- Distract yourself

Want to learn more?

NYProjectHope.org 



SCAN ME

NYProject
HOPE
Coping with COVID



Office of
Mental Health

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