

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

**Contact Us!**

**Project Hope Helpline:  
(516) 992-HOPE (4673)**

**We are here for YOU.**

**Free, anonymous & confidential**

A program of the NYS Office of Mental Health  
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**NYProject**  
**HOPE**  
Coping with COVID