

NY Project Hope

Coping with COVID



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What is NY Project Hope?

NY Project Hope is a FEMA-funded program that provides emotional support for NY residents in response to COVID-19.

We offer...

- **An Emotional Support Helpline:** Our Helpline is staffed by trained crisis counselors who help callers talk through their emotions and find resources to help them cope with the challenges of COVID. **Call the Helpline at 1-844-863-9314, any day between 8am-10pm.**
- **Local Crisis Counseling Providers:** Local NY Project Hope COVID-19-related crisis counseling is available in several NYS counties, including Broome, Dutchess, Erie, Nassau, NYC (all boroughs), Oneida, Orange, Rockland, Suffolk, and Westchester.
- **Online Wellness Groups:** [Virtual discussion groups](#), facilitated by trained crisis counselors, provide emotional support to help people cope with changes caused by COVID. These free, confidential groups are open to all; no registration is required.
- **Supportive Resources:** NY Project Hope offers digital educational materials, a supportive social media presence, and a website filled with resources and relevant materials that folks can access anytime at www.nyprojecthope.org. Follow us on [Facebook](#), [Instagram](#), and [Twitter](#).
- **Public Education:** Contact Cheryl.Gerstler@omh.ny.gov to learn more about virtual presentations!

Our services are always confidential, free, and anonymous.

NYProjectHope.org



Office of
Mental Health