

Need to talk?



NY Project Hope
Coping with COVID



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!

Call or Text

(315) 272-6248

Monday-Friday

8:30am-4:30PM

We are here for YOU.

Free, anonymous & confidential

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