

# 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 free, confidential emotional and public education 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 also available in 12 of the most highly impacted counties in NY, including: Dutchess, Erie, Nassau, NYC (all boroughs), Orange, Rockland, Suffolk, and Westchester.
- **Supportive Resources:** NY Project Hope offers digital educational materials, a supportive social media presence, and a website filled with resources and relevant materials that can be accessed anytime at [www.nyprojecthope.org](http://www.nyprojecthope.org). Follow us on [Facebook](#), [Instagram](#), and [Twitter](#).
- **Public Education:** We provide virtual presentations on a variety of coping and support topics. Contact [Cheryl.Gerstler@omh.ny.gov](mailto:Cheryl.Gerstler@omh.ny.gov) to learn more!

*Our services are always confidential, free, and anonymous.*



A program of the NYS Office of Mental Health  
Funded by the Federal Emergency Management Agency | Administered by SAMHSA