

**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

In English, Spanish, Mandarin, Cantonese, Fuzhounese, Hindi, Urdu, Korean

We can provide virtual presentations on:

- Recognizing common reactions to COVID19
- Building coping skills for the recovery process
- Managing COVID19-related stress
- Identifying and meeting children's needs

Contact Us!

212-720-4590

projecthope@hmhonline.org

NY Project Hope
Coping with COVID



We are here for YOU.
Free, anonymous & confidential

A program of the NYS Office of Mental Health
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