

Need to talk?

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NY Project Hope
Coping with COVID



Feeling uncertain, overwhelmed, anxious during COVID?



[Here to talk](#) | [Here to listen](#) | [Here to support](#)

NY Project Hope Crisis Counselors understand what you are going through. Talking with a crisis counselor is always free, confidential, and anonymous, allowing you to talk freely about the issues that are affecting you. We will help you navigate these unusual times and take some of the burden off of your shoulders.

Project Hope Crisis Counselors will help you with anything from economic hardships to behavioral health issues. We understand there are a whole range of emotions you might be feeling and we will work through it. A Crisis Counselor will give you self-help tips and come up with a plan for you to be your own advocate. We have a multitude of resources available to you and would love to be the shoulder you lean on. After all, New Yorkers are in this together.

NY Project Hope is a program of the NYS Office of Mental Health
Funded by the Federal Emergency Management Agency
Administered by the Substance Abuse and Mental Health Services Administration

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