



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

We can provide virtual presentations on:

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

Contact Us!

Project Hope Helpline:

(516) 992-HOPE (4673)

Project Hope Email: Projecthope@numc.edu

Free, Anonymous and Confidential



A program of the NYS Office of Mental Health.

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