**NY Project Hope**

**Coping with COVID**

Here to talk | Here to listen | Here to support

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**Social Media Posts**

**Sample copy:** NY Project Hope helps New Yorkers understand their reaction and emotions during the COVID-19 pandemic. Through an emotional support helpline, educational materials, and trusted resources, NY Project Hope helps people manage the changes brought on by COVID-19. Visit [www.NYprojecthope.org](http://www.NYprojecthope.org) to learn more.
New York's free and confidential COVID-19
Emotional Support Helpline

8am - 10pm / 7 Days

1-844-863-9314
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