

NY Project Hope

Coping with COVID



Here to Talk | Here to Listen | Here to Support



Whether you need to talk to someone or learn about resources in your community, our trained crisis counselors are available for you.

1-844-863-9314
8am-10pm / 7 days

Self-Care Isn't Selfish- It's Smart...



- Take care of your emotional health
- Take care of your body
- Unwind
- Pace yourself
- Connect with others
- Be your own advocate
- Set boundaries
- Accept changes as part of life
- Nurture a positive view of yourself
- Keep things in perspective and avoid "catastrophizing"

Coping Tips for Stressful Times...



- Limit media exposure
- Breath slowly and deeply
- Progressive muscle relaxation
- Mindfulness activities such as meditation
- Access social supports
- Distract yourself

Want to learn more
on your own time?



SCAN ME

Confidential | Free | Anonymous



Office of
Mental Health

A program of the NYS Office of Mental Health
Funded by FEMA

It's a lot...

COVID-19 has changed a lot in our lives and it's okay if you're feeling...



However you're feeling...

If you want to talk to someone who hears what you say and can help you understand what you're feeling about the challenges of life during COVID-19, call 1-844-863-9314 from 8am-10pm, any day to talk with a trained Crisis Counselor.

Simply put...

We understand

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