

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



www.yesnews.net

CONTACT US!

631-481-9700

8:00am – 9:30pm Mon – Fri
9:00am – 5:00pm Sat – Sun
If you would like to text* with a Counselor, please email yes-ph@yesnews.net your phone number and a Counselor will text you back.

*We are a proud provider agency of NY Project Hope, New York State's COVID-19 Crisis Counseling Program. **YES** Crisis Counselors are providing free, confidential, and anonymous emotional support. Call our helpline at **631-481-9700**.*

*Your text will be answered when the email is retrieved.

Free, anonymous & confidential

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

NYProject
HOPE
Coping with COVID