



# COVID is challenging our community and we're here to help you cope ...



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.



**855-818-HOPE (4673)**

**[WWW.NHCC.US](http://WWW.NHCC.US)**

**Free, anonymous & confidential**

**NY Project Hope**  
Coping with COVID

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