

NY Project Hope

Coping with COVID



[Here to Talk](#) | [Here to Listen](#) | [Here to Support](#)

A program of the NYS Office of Mental Health
Funded by the Federal Emergency Management Agency
Administered by the Substance Abuse and Mental Health Services Administration

Let's Talk.

- **Project Hope is New York's COVID-19 Emotional Support Helpline.**
- NY Project Hope helps New Yorkers understand their reaction and emotions during COVID-19. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope helps people manage and cope with changes brought on by COVID-19.
- Project Hope Crisis Counselors understand what you are going through. Talking to them is free, confidential, and anonymous. Talk to someone who is trained, knowledgeable and never judges. Sometimes it helps to talk with someone you don't know.

Confidential | Free | Anonymous



The goals of the Crisis Counseling Program:

- Help all New York residents understand their current situation and reactions to COVID-19;
- Reduce stress and provide emotional support;
- Promote the use or development of coping strategies;
- Connect New Yorkers with other people and agencies who can help them in their recovery process.

Our program can provide...

- **Educational sessions for individuals** on how Covid-19 affects their emotional and physical wellbeing, including isolation, substance use disorders and stress. As well as understanding how to cope with these new challenges.
- **Group Sessions for staff** to provide a forum to discuss how they feel about the current world crisis and develop coping skills to help them through these times
- **Group sessions** to create a safe space for individuals to help them normalize their feelings and learn coping skills. As well as give them the opportunity to voice their concerns within the community.
- **Art therapy groups** to help individuals resolve conflicts and problems, reduce stress, and achieve more insight into their feelings about the current world crisis

