

NY Project Hope
Coping with COVID



Need to talk?

Confidential • Anonymous • Free

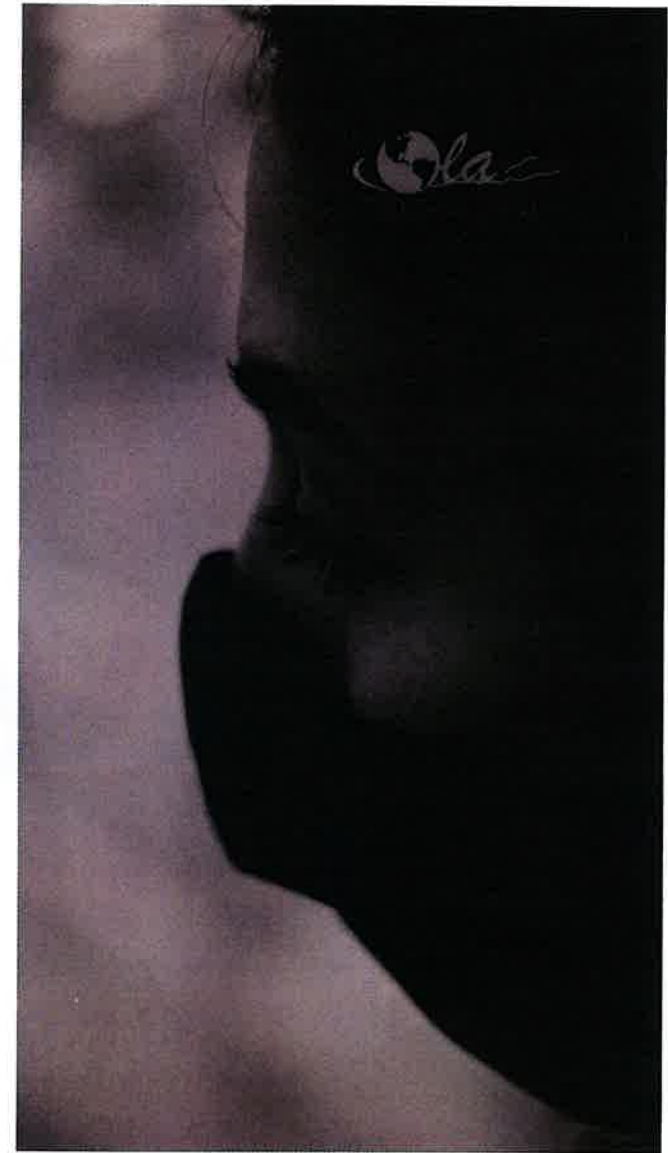


Let's Talk.

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.

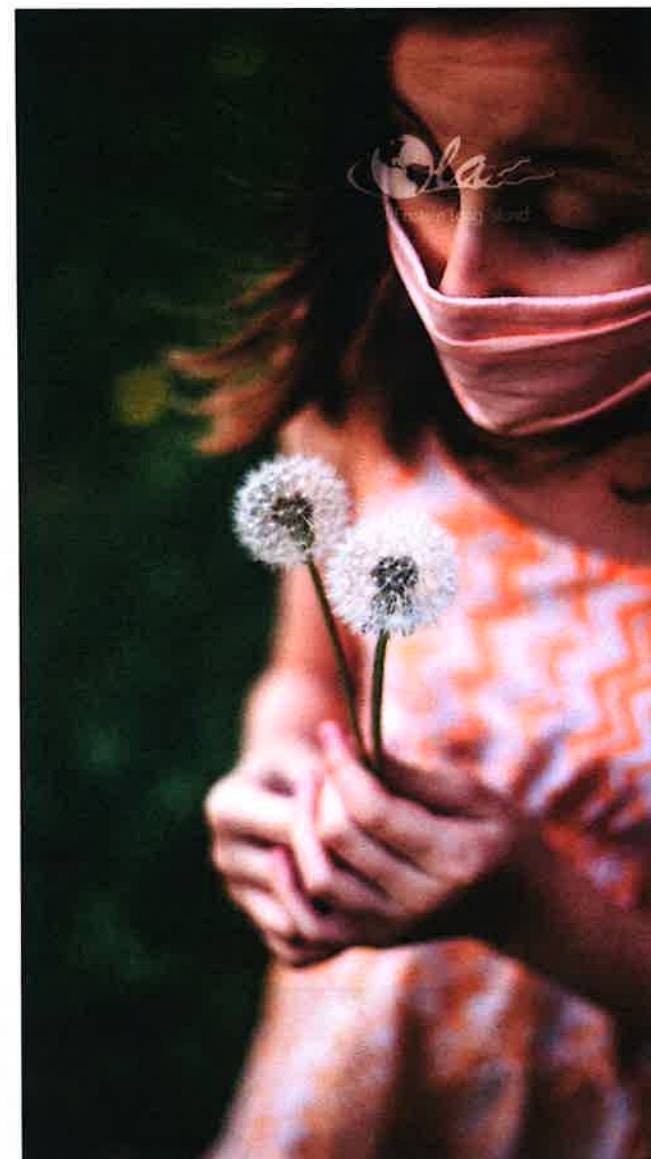
Project Hope Crisis Counselors understand what you are going through. Talking to them is free, confidential, and anonymous. Talk to someone who is trained, knowledgeable and never judges. Sometimes it helps to talk with someone you don't know.





OLA's team is here to listen...

- We can provide crisis counseling in 3 different languages, English, Spanish and Portuguese.
- 16 trained Crisis Counselors and 2 Team Leads with a Social Work Certification.
- We have strong connections with our community members and different organizations.
- Dedicated HELPLINE, 7 days a week to call and text.
- More than 250 community resources available for referrals in Suffolk County.





Talk

Emotional Support Helpline

Talk or text to a crisis counselor in
English, Spanish and Portuguese,

(631) 500 0837

Sometimes it's just good to talk it out...

Life as you knew it and lived it has changed with COVID-19. One important thing to know now is that each person reacts differently and that looking for help to sort out and understand your feelings is a strength, not a weakness.



Connect

There is always help...

There's always a person or organization that can help you... no matter what it is that you need. We built a list of resources from the five towns of Suffolk County that can assist you as you work to make the connections you need to manage the changes in your life. This list of resources includes:

- Food Pantries
- Childcare
- Clothing
- Covid-19
- Law Enforcement
- Mental Health
- Legal Services
- Housing
- Employment
- Libraries
- And more...



Cope

It's a lot of changes to handle...

There's a lot to navigate during the pandemic and that can be stressful. There are masks to wear, distance to keep, and then there is loss. And loss takes all kinds of forms. There are activities you don't do now, friends you don't see and then there are friends and family you have lost.

There's simply a lot going on right now and feeling stressed or anxious is to be expected. The key is what you do with the stress and anxiety – how do you handle it so it doesn't get a hold on you. Our team of Crisis Counselors will help you with some strategies to handle these changes.

We are here to listen, and we are here to help you...

Relax

Take care of you...

Sometimes slowing down enough to take the time to relax when you are stressed or anxious is difficult. Changes like what we've experienced during COVID-19 can be stressful. Take time to relax and calm your mind, body, and heart. Self-Care isn't selfish... it's smart.

Take a Breather...

Why should I perform breathing exercises?

Deep Breathing is one of the most convenient ways to relieve stress, anxiety, and even aide digestion. Some benefits of deep breathing include:

- Decreases stress
- Lowers blood pressure
- Improves digestion
- Helps support correct posture

Here are five reasons to meditate:

1. Understand your emotions
2. Lower your stress
3. Connect better
4. Improve focus
5. Reduce brain chatter



Es demasiado...

COVID-19 ha cambiado mucho nuestras vidas y si te sientes...



Como sea que te sientas...

Si quieres hablar con alguien que te escuche y te puede ayudar a entender lo que estás sintiendo con respecto al COVID-19, llama y habla con uno de nuestros consejeros entrenados

Simplemente...

Te entendemos

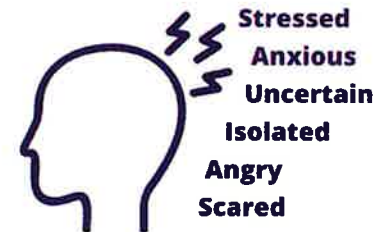
Aquí para hablar | Aquí para escuchar | Aquí para apoyar

LÍNEA DE AYUDA
(631)
500-0837



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 and talk with a trained Crisis Counselor.

Simply put...

We understand

Here to Talk | Here to Listen | Here to Support

HELPLINE
(631)
500-0837



NY Project Hope
Coping with COVID



**Need
to talk?**



NY Project Hope
Coping with COVID



**Feeling
uncertain,
overwhelmed,
anxious during COVID?**

Here to talk | Here to listen | Here to support

HELPLINE
(631) 500 0837

**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

Free, anonymous & confidential

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



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**Need
to talk?**



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Coping with COVID



**Te estas sintiendo
Inseguro, Agotado,
Ansioso durante COVID-19?**

**Aquí para hablar | Aquí para escuchar
Aquí para apoyar**

**LINEA DE AYUDA
(631) 500 0837**

**El objetivo del programa de
consejería**

Ayudar a los residentes de Nueva York a
entender su situación actual y reacciones
frente al COVID-19

Reducir el stress y proveer soporte
emocional

Promover y desarrollar el uso de
estrategias para manejar la crisis

Conectar a los habitantes de Nueva York con
otras personas y agencias que puedan
ayudar en su proceso de recuperación

Libre, anónimo y confidencial

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



