

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 or text our HELPLINE to talk with a trained Crisis Counselor

(631) 500 0837

Simply put... *We understand*

NY Project Hope
Coping with COVID



of Eastern Long Island

Here to Talk | Here to Listen | Here to Support

Confidential | Free | Anonymous

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

Es demasiado...

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



Como sea que te sientas...

Si usted quiere hablar con alguien que lo escuche y lo pueda ayudar a entender cómo se está sintiendo con los cambios que ha traído el COVID-19, llama o textea a nuestra línea de apoyo para hablar con un Consejero de Crisis con entrenamiento

(631) 500 0837

Dicho simplemente...

Te entendemos

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Aquí para hablar | Aquí para escuchar | Aquí para apoyar

Confidencial | Gratis | Anónimo

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