

**Feeling overwhelmed  
about COVID-19?**

**Help is waiting for you.**



**NEW YORK STATE**

**COVID-19 EMOTIONAL SUPPORT HELPLINE**

**1-844-863-9314**

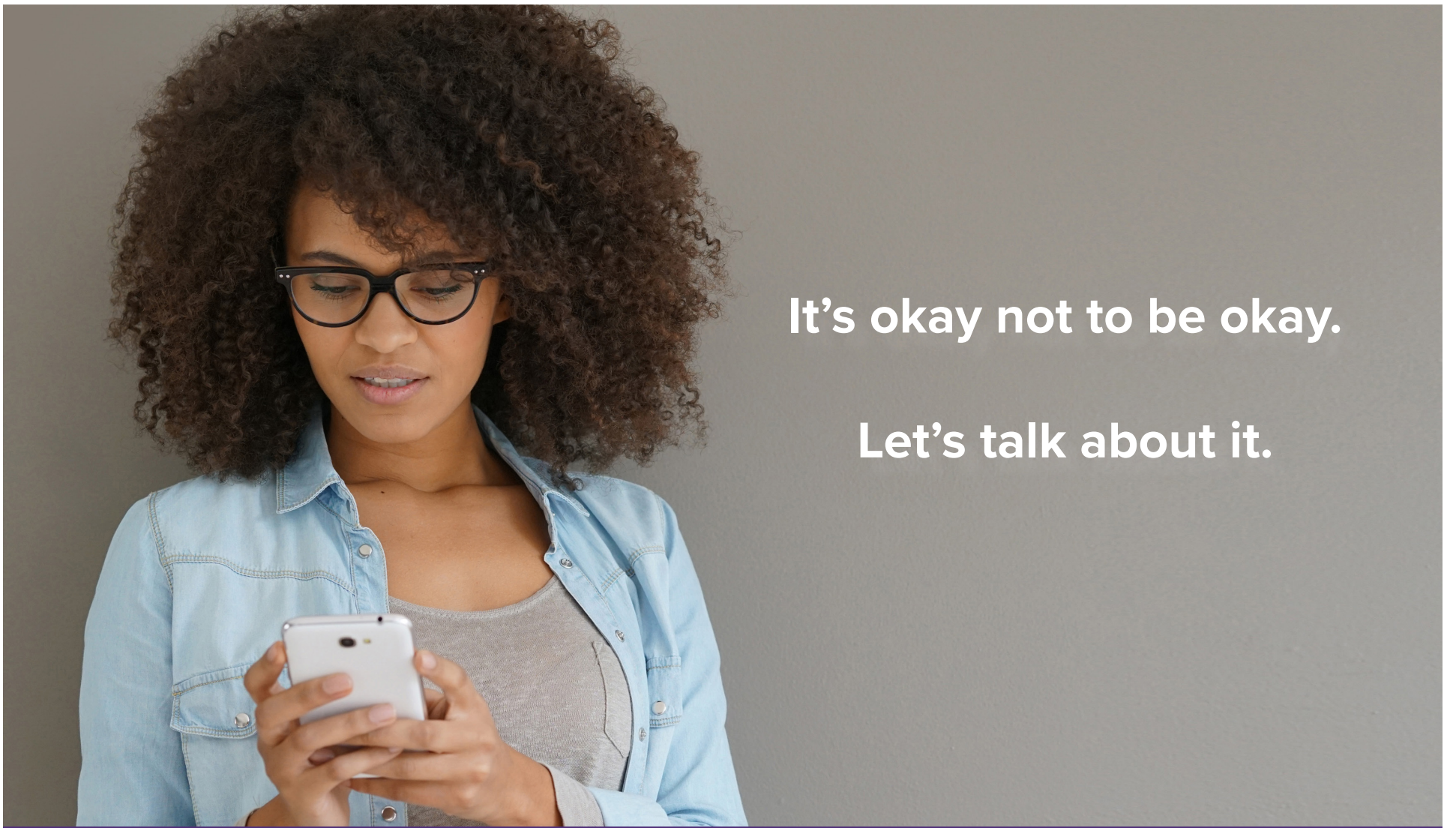
**8 AM - 10 PM, 7 days a week**

Governor Andrew M. Cuomo announced a new helpline for people who are experiencing anxiety, stress and depression during the coronavirus emergency.

**Call now for free and confidential support.**



**Office of  
Mental Health**



It's okay not to be okay.

Let's talk about it.

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**New York knows  
how hard this is.**

**We have people  
standing by to  
talk about it.**



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**If you are overwhelmed with  
COVID-19 you are not alone.**

**Connect to support  
right here in NY.**

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**Struggling with isolation?**

**Connection can help.  
Talk to someone today.**

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**Mental Health is just as  
important as Physical Health.**

**Call the Emotional Support  
Hotline for support.**



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