

COPING CIRCLES

Free group support by phone or video chat.

New Yorkers are coping with a lot.

Let's do it together.

NY.GOV/COPINGCIRCLES



NYProject
HOPE
Coping with COVID

COVID Emotional Support Helpline

1-844-863-9314

Confidential • Anonymous • Free
8am - 10pm / 7 days



Office of
Mental Health