



**Supporting others through  
COVID-19 isn't easy.**

**We are here to talk if you are  
feeling overwhelmed.**

**NEW YORK STATE**

**COVID-19 EMOTIONAL SUPPORT HELPLINE**

**1-844-863-9314**

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

Healthcare workers and first responders are on the front lines of the COVID-19 emergency. Call the Emotional Support Helpline for help with anxiety, stress, depression, trauma, and grief. We're here to support you as you continue to support New York.

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



**Office of  
Mental Health**