



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

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

**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**