



Struggling with isolation?

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

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**