



It's okay not to be okay.

Let's talk about it.

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