



**Mental Health is just as  
important as Physical Health.**

**Call the Emotional Support  
Hotline for support.**

**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.**

