

8 AM - 10 PM, 7 days a week  
Call now for free and confidential support

**NYS Emotional Support Helpline**  
1-844-863-9314

**Feeling Overwhelmed?**  
**WE ARE HERE TO TALK**



**YOU ARE  
STRONGER THAN YOU  
KNOW, BRAVER THAN YOU  
THINK, & MORE LOVED  
THAN YOU CAN  
IMAGINE**