

**Feeling overwhelmed
about COVID-19?**

Help is waiting for you.



**NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE**

1-844-863-9314

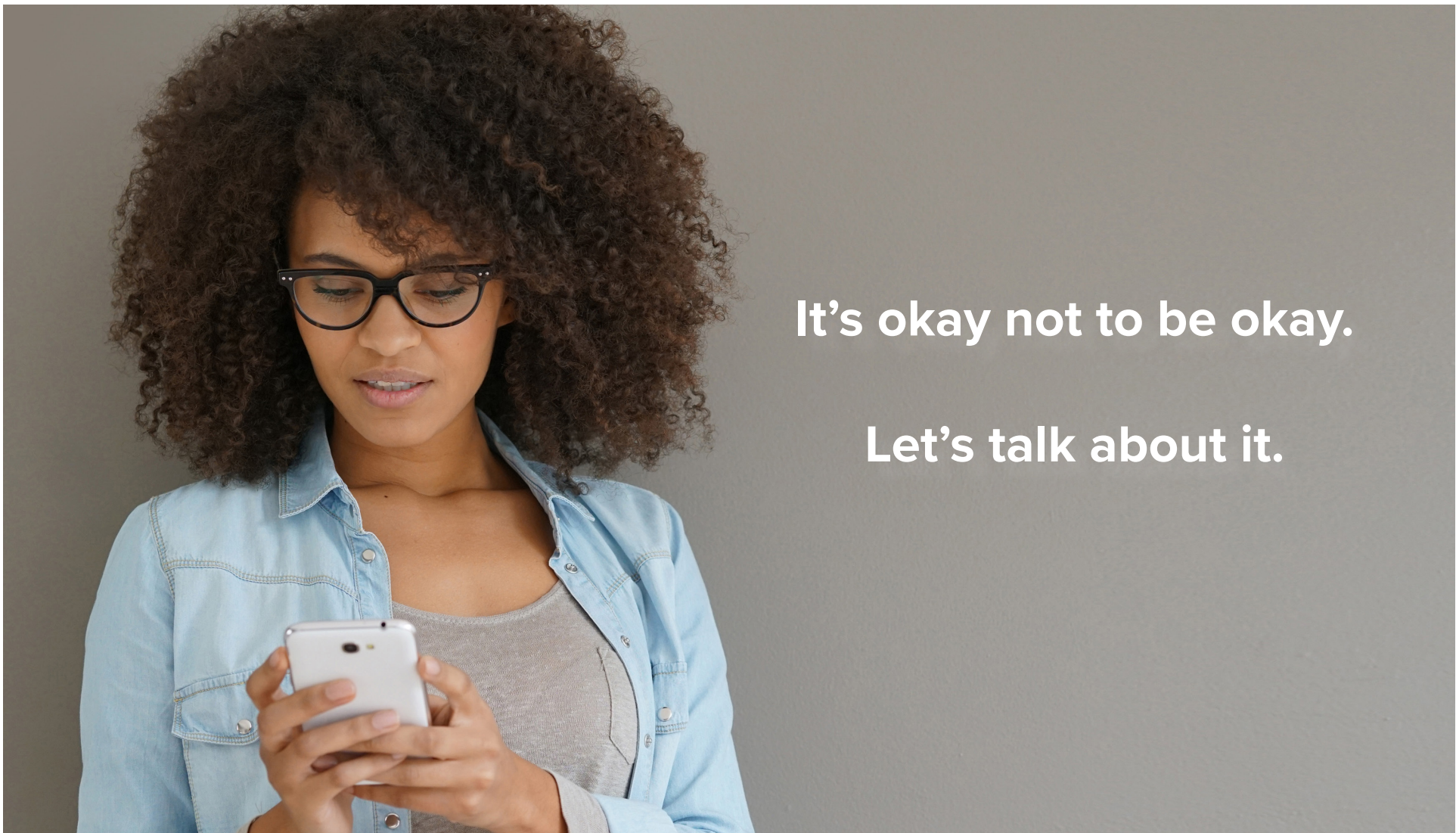
8 AM - 10 PM, 7 days a week

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**



It's okay not to be okay.

Let's talk about it.

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**New York knows
how hard this is.**

**We have people
standing by to
talk about it.**



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A man in a wheelchair is shown from the side, looking out a window with white curtains. The room has a white brick wall and a wooden floor.

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

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

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Struggling with isolation?

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

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

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



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