



# We're here to help you cope with the emotions and challenges of COVID



COVID-19 emotional support is now available through **New Horizon Counseling Center** and NY Project Hope, New York State's COVID-19 crisis counseling program. Learn more by calling our helpline directly at **855-818-HOPE(4673)** or visit our website **WWW.NHCC.US** for more information

**Free, anonymous & confidential**

**Here to talk | Here to listen | Here to support**

**NY Project Hope**  
**Coping with COVID**

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A program of the NYS Office of Mental Health  
Funded by FEMA

# Here to help you cope with COVID...



If you need support coping with the challenges and emotions of COVID-19 we can help. **New Horizon Counseling Center** is now a provider of NY Project Hope, New York State's COVID-19 crisis counseling program. Receive free, confidential, and anonymous emotional support today.

From coping tips to helpful resources, **New Horizon Counseling Center** has teamed up with NY Project Hope, New York State's COVID-19 crisis counseling program to support **NYC, Nassau & Suffolk County** as we cope with COVID-19.

**To Learn More**  
**855-818-HOPE (4673)**  
**WWW.NHCC.US**

**NY Project Hope**  
**Coping with COVID**



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Funded by FEMA

# Need to talk?

855  
818  
**HOPE(4673)**

projecthope@nhcc.us  
www.nhcc.us



**NY Project Hope**  
Coping with COVID



## Feeling uncertain, overwhelmed, anxious during COVID?



[Here to talk](#) | [Here to listen](#) | [Here to support](#)

NY Project Hope Crisis Counselors understand what you are going through. Talking with a crisis counselor is always free, confidential, and anonymous, allowing you to talk freely about the issues that are affecting you. We will help you navigate these unusual times and take some of the burden off of your shoulders.

Project Hope Crisis Counselors will help you with anything from economic hardships to behavioral health issues. We understand there are a whole range of emotions you might be feeling and we will work through it. A Crisis Counselor will give you self-help tips and come up with a plan for you to be your own advocate. We have a multitude of resources available to you and would love to be the shoulder you lean on. After all, New Yorkers are in this together.

NY Project Hope is a program of the NYS Office of Mental Health  
Funded by the Federal Emergency Management Agency  
Administered by the Substance Abuse and Mental Health Services Administration

## Free, anonymous & confidential

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Funded by FEMA

**Necesitas  
hablar?**

**Te sientes  
incierto, agobiado,  
ansioso durante  
COVID?**

[Aquí para hablar](#) | [Aquí para escuchar](#) | [Aquí para apoyar](#)

**1 (855) 818-4673**  
**Lunes a Viernes, 9am a 5pm**



**NY Project Hope**  
Coping with COVID



**Gratis, anónimo y confidencial**

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Funded by FEMA





**COVID es un desafío para  
nuestra comunidad y estamos  
aquí para ayudarte a  
sobrellevar...**



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# **Estamos aquí para ayudarte a sobrellevar con las emociones y desafíos de COVID-19**

**Gratis, anónimo y confidencial**

Aquí para hablar | Aquí para escuchar | Aquí para apoyar

**1 (855) 818-4673**

**Lunes a Viernes, 9am a 5pm**



**NEW HORIZON**

*Counseling Center*

**NY Project Hope**  
Coping with COVID



Un programa de la Oficina de Salud Mental  
del Estado de Nueva York  
Financiado por Fema

# NY Project Hope

## Coping with COVID

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Having trouble  
understanding your  
reactions and  
emotions during  
COVID19?

**NY Project Hope is  
now offering  
Weekly  
Group sessions via  
Google Meet**

Starting May 17th, please  
join our Crisis Counselors  
on Mondays at 12:00pm  
or 4:00pm to discuss  
various topics on how to  
manage stress during  
COVID19



**NEW HORIZON**

*Counseling Center*

Open Google  
Meet and enter  
code:  
zbs-gkhh-jca