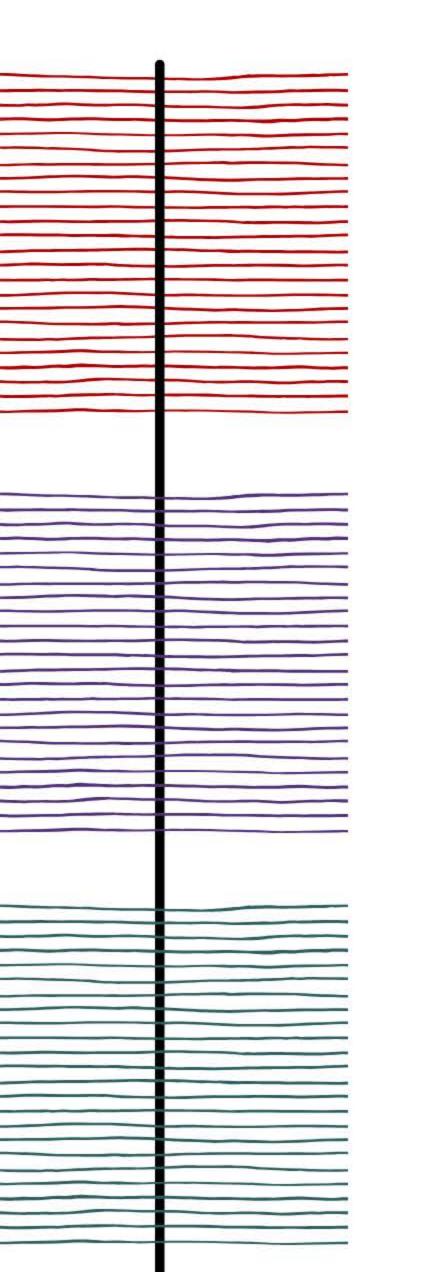


(914) 361-5252 www.conversations.westchesterlibraries.org



We are a proud provider agency of NY Project Hope

NY Project Hope provides emotional support, public education, and resources to help New York residents cope with the challenges of COVID-19

Connect with a trained crisis counselor through our FREE helpline

Monday to Friday 9AM-9PM 914-361-5252

Our services are always confidential, free, and anonymous.

NY Project Hope
Coping with COVID





Feeling uncertain, overwhelmed, anxious during COVID?

Here to talk | Here to listen | Here to support

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:

- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing COVID-related stress
- Identifying and meeting children's needs

Contact Us! (914)361-5252 nyphwestchester@wlsmail.org

We are here for YOU.

Free, anonymous & confidential

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

NY Project Hope
Coping with COVID