



(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



Here to talk | Here to listen | Here to support

Need to talk?

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