

**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**