

# NYProject HOPE

Coping with COVID

Here to Talk | Here to Listen | Here to Support



Whether you need to talk to someone or learn about resources in your community, our trained crisis counselors are available for you.

**1-844-863-9314**  
**8am-10pm / 7 days**

## Self-Care Isn't Selfish- It's Smart...



- Take care of your emotional health
- Take care of your body
- Unwind
- Pace yourself
- Connect with others
- Be your own advocate
- Set boundaries
- Accept changes as part of life
- Nurture a positive view of yourself
- Keep things in perspective and avoid "catastrophizing"

## Coping Tips for Stressful Times...



- Limit media exposure
- Breath slowly and deeply
- Progressive muscle relaxation
- Mindfulness activities such as meditation
- Access social supports
- Distract yourself

Want to learn more  
on your own time?  
[NYProjectHope.org](https://NYProjectHope.org)



Confidential | Free | Anonymous



Office of  
Mental Health

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

# It's a lot...

COVID-19 has changed a lot in our lives and it's okay if you're feeling...



## However you're feeling...

If you want to talk to someone who hears what you say and can help you understand what you're feeling about the challenges of life during COVID-19, call 1-844-863-9314 from 8am-10pm, any day to talk with a trained crisis counselor.

## Simply put...

We understand

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