



Coping  
with  
Covid

# MENTAL HEALTH *matters*

We are here to help you cope with the emotions and challenges of COVID

Visit NY Project Hope at [www.nyprojecthope.org](http://www.nyprojecthope.org)  
or call 1-844-863-9314

## **Connect**

The pandemic has affected us all. Find resources that can help you and your family.

## **Talk**

Confidentially talk it out with a NY Project Hope Crisis Counselor who can help you understand your emotions.

## **Cope**

Learn tips that will help you navigate these very usual times and relieve stress.

## **Relax**

Find simple ways to to care of yourself, unwind and destress that are easy to incorporate in your life.

Brought to you by

**The Mental Health Advisory Committee**

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**APPROVED** *MA*