

**Feeling overwhelmed
about COVID-19?**

Help is waiting for you.

**NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE:**

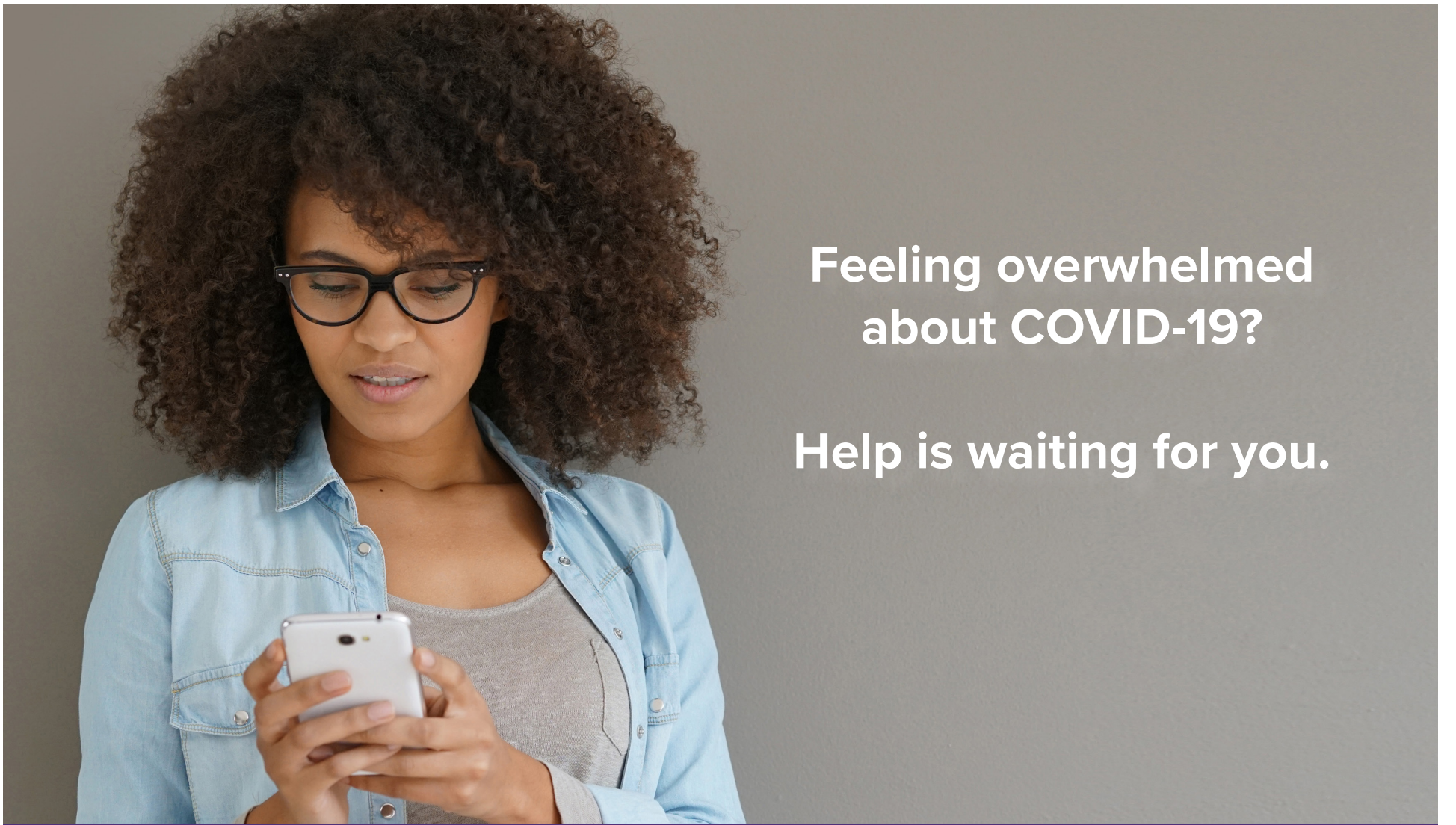
1-844-863-9314

8 AM - 10 PM, 7 days a week

Governor Andrew M. Cuomo announced a new helpline for people who are experiencing overwhelming anxiety, stress and depression brought on by the coronavirus emergency.

Call now for free and confidential support.





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Office of
Mental Health

**New York knows
how hard this is.**

**We have people
standing by to
talk about it.**



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It's okay not to be okay.

Let's talk about it.


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**If you are overwhelmed with
COVID-19 you are not alone.**

**Connect to support
right here in NY.**

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Struggling with isolation?

**Connection can help.
Talk to someone today.**

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**Office of
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**Mental Health is just as
important as Physical Health.**

**Call the Emotional Support
Hotline for support.**



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