NY Project Hope assists New Yorkers with the emotional impact of the COVID-19 pandemic. They provide the Emotional Support Helpline that is staffed by trained counselors who are available every day from 8 AM to 10 PM. In addition, their website offers useful online information on coping with the challenges of COVID-19.

nyprojecthope.org

Emotional Support Helpline

1-844-863-9314

Confidential, Anonymous and Free

For more information about dealing with the stress and emotional issues related to COVID-19 and the holiday season, as well as other issues, you can contact your agency's EAP coordinator found at this coordinator listing or call 1-800-822-0244.