

NY Project Hope @ MHA

Here to listen | Here to talk | Here to support

Do you want to talk to someone? Learn about resources in your community? Participate in an educational presentation?

WE ARE HERE TO HELP

845-580-2022

New Emotional Support Helpline

From getting milk at the store, to tackling virtual education and remote work, to coping with loss, COVID-19 has challenged many aspects of our lives.

The Mental Health Association of Westchester is here for you. As part of NY Project Hope, we offer COVID-19-related emotional support in Rockland County.

Our trained staff:

- **Understand the emotions** that arise from being unsettled and fatigued by COVID-19
- **Share coping strategies** and self-care guidance
- Connect you to accessible **community resources**
- Work with groups to facilitate tailored **emotional support group sessions** or **educational presentations**

Staff are available by phone, TeleHealth and, as needed, in-person five days a week, from 9:00 am to 5:00 pm. Support is available in Creole, Spanish and Yiddish. Translation services are also available for additional languages.



Confidential | Anonymous | Free

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

TAKING CARE OF YOUR EMOTIONAL HEALTH IS AS IMPORTANT AS TAKING CARE OF YOUR PHYSICAL HEALTH.

In addition to connecting with people and activities that bring meaning to your life, we encourage you to take care of yourself by:

- Limiting media exposure
- Practicing relaxation techniques such as meditation
- Prioritizing eating well, getting a good night's sleep and fitting in physical activity such as a walk
- Reaching out to a trained professional for additional support

ABOUT US

The Mental Health Association of Westchester is a community-based non-profit delivering behavioral health programs and services to more than 10,000 children, youth and adults each year. As a Certified Community Behavioral Health Clinic, we provide integrated care in Westchester and Rockland counties. Learn more at mhawestchester.org or 914-345-5900.

ADDITIONAL HELP

The statewide NY Project Hope Emotional Support Helpline is available between 8:00 am and 10:00 pm at 1-844-863-9314.

The National Suicide Prevention Lifeline provides immediate crisis assistance 24/7 at 1-800-273-TALK (8255).