

# 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.



**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](http://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).

**Confidential | Anonymous | Free**

A program of the NYS Office of Mental Health  
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