

**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 anxiety, stress and depression during the coronavirus emergency.

**Call now for free and confidential support.**



**Office of  
Mental Health**