

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

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



**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.**

