Need to talk?

Feeling uncertain, westche overwhelmed, anxious during COVID?

Here to talk | Here to listen | Here to support

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:

- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and addressing the community's needs

Contact Us!

Monday-Friday, 9am-5pm 914-708-6104

We are here for YOU.

Free, anonymous & confidential

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

