

Stepping Back In: Coping with transitions as things open back up

A COVID vaccine is available...

Offices are opening to workers...

Schedules are changing...

Childcare needs are shifting...

In-person gatherings are starting again...

Folks are grieving losses...

Schools are preparing for fall...



There is so much to think about, it can be overwhelming! With all the changes and uncertainty caused by COVID, it's normal to feel stressed, scared, anxious, sad, or angry.

Please know that help is available for ALL New York residents through NY Project Hope. Call the NY Project Hope Covid-19 Emotional Support Helpline at 1-844-863-9314 any day from 8 am-10 pm to talk with trained crisis counselors who provide a listening ear, as well as information and referrals to a vast array of community resources. Visit the [NY Project Hope website](#) to find [coping tips](#), [relaxation strategies](#), and follow us on [Facebook](#), [Twitter](#), and [Instagram](#) for more supportive information.

NY Project Hope is a statewide program of the NYS Office of Mental Health and is funded by the Federal Emergency Management Agency.