

New York State COVID-19 Emotional Support Hotline: 1-844-863-9314

More information can be found at: <https://omh.ny.gov/omhweb/covid-19-resources.html>

The COVID-19 pandemic has left many New Yorkers feeling anxious and stressed.

Learn more about:

- Managing anxiety in difficult times
- Coronavirus-related guidance for healthcare providers
- How you can volunteer to help

PUBLIC RESOURCES

OMH Emotional Support Line: 1-844-863-9314 *

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

[Tips for Mental Wellness](#) ([Español](#) | [বাংলা](#) | [中文](#) | [РУССКИЙ](#) | [Kreyòl Ayisyen](#) | [한국어를](#))

How to cope with COVID related stress and anxiety

[Mental Health Resources During an Emergency](#)

People often experience anxiety, fear, and helplessness during an emergency. Know the signs and get help.

PROVIDER RESOURCES

[Guidance on COVID-19](#)

Interim guidance for behavioral health providers licensed by OMH, including Telemental Health Guidance

VOLUNTEER

[Get Involved](#)

Are you a qualified health, mental health or related professional? Consider volunteering to support the State's COVID response.

*DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately. By using this Line, you acknowledge and agree that the State, OMH, any State or OMH employee(s), and/or any community volunteers involved with the Line in any manner (collectively, the "Indemnified Parties"), have no liability of any type related to your use of the Line, including but not limited to any decision you make, or a third party makes, as a result of your use of the Line, or because you were not able to access the Line for any reason. By using the Line, you agree to fully indemnify the Indemnified Parties and hold them harmless for any and all damages or causes of action that may arise out of your use of the Line. Without limiting the foregoing, in no event shall any of the Indemnified Parties be liable for any special, incidental, consequential, or indirect damages of any type arising from your use of the Line, or for any other reason.

The Line is provided on an "as is" and "as available" basis. None of the Indemnified Parties shall be liable for any inability by you to access the Line, including but not limited to interruptions in the Line due to technical reasons or delays to due to a high volume of calls.