

HURRICANE SANDY

IS GONE. FOR SOME THE
STRESS
STILL LINGERS.



Fear, anxiety, anger, sadness and helplessness are common after any traumatic event. Project HOPE helps you move forward.

1-800-LIFENET

Talk to Someone. Confidential. Free. 24/7



If you or someone you know feels overwhelmed after Hurricane Sandy, call **1-800-LIFENET** to connect with Project HOPE. **Project HOPE can help you cope and manage stress.**

Strong emotions are common and can take different forms:

- Fear, anxiety, anger, sadness, helplessness
- Stomach or body aches, changes in eating or sleeping habits, increased alcohol or drug use

Project HOPE provides:

- Individual counseling
- Group counseling
- Public education
- Assessment and referrals

Project HOPE helps individuals, families, schools, businesses and community groups.

All services are free, confidential and provided at a time and place that work for you.

1-800-LIFENET (1-800-543-3638)

Talk to Someone. Confidential. Free. 24/7
Spanish: 1-877-AYUDESE (1-877-298-3373)

Asian LIFENET: 1-877-990-8585

LIFENET services are available in more than 140 languages.