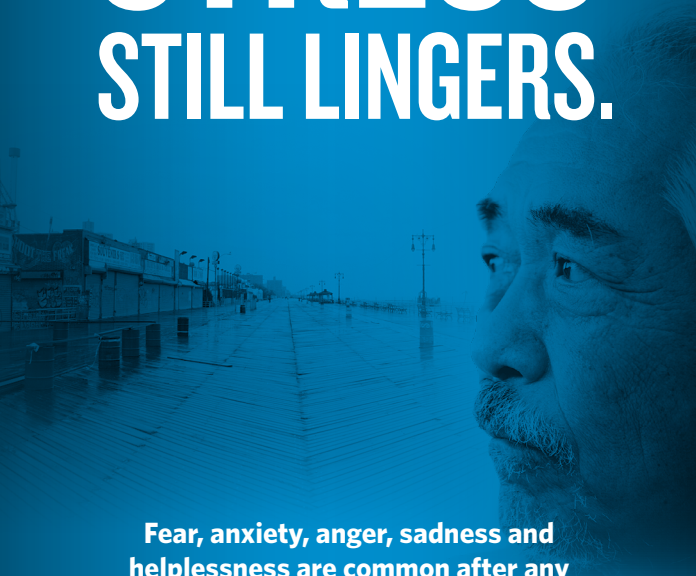
HURRICANE SANDY

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

Project HOPE

NYC Health

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.