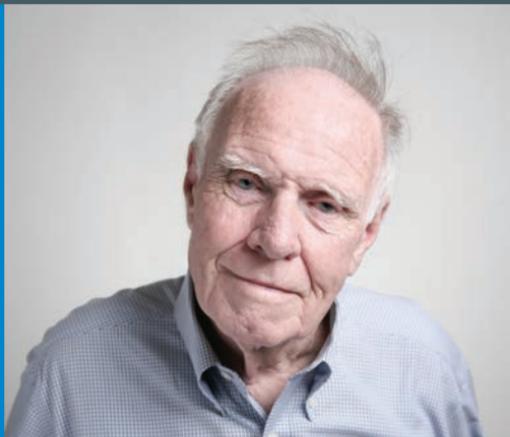




HOPE: It's a New York Thing

Many still struggle a year after **Hurricane Sandy**. Emotional support is still available with Project Hope.



Call 1-800-LIFENET

Connect with a Project Hope counselor.

CONFIDENTIAL. FREE. 24/7. #PROJECTHOPENYC



Project Hope offers **free, supportive and confidential crisis counseling services** to help you find the strength to move forward after Hurricane Sandy.

A FEW **TIPS** THAT CAN HELP:

- **Recognize your strengths** and how far you've come.
- **Be patient with yourself.**
- **Connect with others:** Be a caring neighbor, reach out to an old friend or spend time with your family.
- **And if you have kids,** take the time to talk with them and listen carefully to how they are feeling.

To learn more about Project Hope, including other tips, visit **nyc.gov** and search for "Project Hope."



Watch the Project Hope video.
www.youtube.com/NYHealth

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