



Pandemic Miserable? Double Down on Self-Care!

Web archive link and NY Project Hope Resources

Please find the recording of the presentation from NY Project Hope and the related resources, below. As we forge ahead in this challenging time and look ahead to a brighter future, it is critical that we prioritize mental health and overall well-being. NY Project Hope offers multiple well-being avenues and tons of resources to suit every schedule, need, and person- enjoy exploring their site today!

YouTube: [Pandemic Miserable? Double Down on Self-Care!](#)

[NY Project Hope Coping with COVID Info and Resources](#)

Online Wellness Groups:

Mental Wellness Monday

Grieving and Healing

COVID Long-hauler

Wellness Wednesday

COVID and Relationships

Moving Forward Friday

Learn More and Sign Up Here: <https://nyprojecthope.org/wellnessgroups/>

Relaxation Tools: <https://nyprojecthope.org/relax/>

Coping Tips: <https://nyprojecthope.org/cope/>

Emotional Support Helpline

Talk to a counselor:

CALL: 1-844-863-9314

Confidential • Anonymous • Free

8am-10pm / 7 days