



## How to reach us . . .

When you call LIFENET you can be carefully matched with your local Project HOPE provider agency who knows your community and is ready to help assist you with your recovery or you can choose to continue to talk with one of the experienced LIFENET counselors

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

**1-877-AYUDESE**  
(1-877-298-3373)  
Español

**1-877-990-8585**  
Korean and Chinese callers  
(Mandarin and Cantonese dialects)

**1-212-982-5284**  
(TTY for hearing impaired)

**Always free and confidential**  
24 hours a day / 7 days a week  
**CALL ANY TIME, ANY DAY**

Whether it's the strain of trying so hard to be strong for your family or the sheer weight of the loss, talking with a Project HOPE crisis counselor can help you understand your feelings so that you can move forward with greater certainty.

Carefully-trained Project HOPE counselors from your community offer emotional support and links to much-needed resources that can assist with your recovery.

Project HOPE crisis counselors can help you sort through your thoughts and feelings – without any judgment...

*someone to help you feel grounded*

Free and confidential,  
Project HOPE crisis counselors  
come to you

Project HOPE is funded through a grant by the Federal Emergency Management Agency (FEMA) and administered by the Substance Abuse and Mental Health Services Administration. Project HOPE is a program of the NYS Office of Mental Health.



# Helping you recover from Hurricane Sandy



# The kind and amount of support you need. . .

It can help to have someone who listens, who you can talk with, who understands ...and cares

This is what Project HOPE does



Simply put, Project HOPE helps you move forward by offering **confidential** support that helps you understand your emotional and physical reactions to the impact of Hurricane Sandy and

by providing information so you can examine your options and learn about available resources that can assist you with your recovery.

## When you need it. . .

A Project HOPE crisis counselor can confidentially speak with you about your concerns, work with you to determine how best to meet your needs, offer options and provide linkages to resources that can assist with the many facets of your recovery  
*... at a time and place that works for you.*

We provide free, confidential services anywhere, including homes, businesses, schools, colleges, houses of worship, shelters and community centers for anyone affected by Hurricane Sandy

You can have services scheduled at a time that works best for you or your group

Simply call us . . .

## Who we help. . .

- ▮ Individuals
- ▮ Families
- ▮ Schools
- ▮ Businesses
- ▮ Community Groups
- ▮ Service Organizations

*. . . always at no charge*

## How we help. . .

- Individual Crisis Counseling
- Informational / Educational Support
- Group Crisis Counseling
- Public Education
- Community Networking & Support
- Resource Linkage
- Assessment
- Referral

The support is free, confidential - there for you when you need it



Listening • Understanding • Educating  
Connecting