hether 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



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) Espanõl

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

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.





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

This is what Project HOPE does

and amount of support you need. . .

The

kind

Moving Forward...

Experiencing strong emotions is a normal reaction to the very unusual life challenges created by Hurricane Sandy. For many it will be a time to seek support in an effort to move forward – to begin to work through feeling overwhelmed by the responsibility and tasks of reclaiming their lives. Project HOPE's crisis counselors are carefully trained with the skills and knowledge to help you move ahead with your recovery.

Sometimes it's emotional –

maybe you are weary and feeling uncertain about the future, getting angry quickly or maybe just having trouble concentrating on things that used to come easily or having difficulty communicating your thoughts

Sometimes it's physical –

your stomach is upset, your body aches, you can't sleep - you want to sleep too much or maybe you're drinking more alcohol 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
- Businesses
- Families
- Community Groups
- Schools
- 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