

NY Project Hope

As more people get vaccinated and things open back up, we are here to help the community in Westchester County process these changes with the transition as we reach out to youth programs.

The NY Project Hope team at Family Services of Westchester offers educational presentations, workshops, and peer support groups which provide a safe space for people who have struggled during the pandemic to talk and connect with others. We have held several virtual and in person peer support group sessions for people of all ages for various organizations across Westchester which have helped individuals open up about their emotional journeys over the past year. As things start to reopen and mask mandates are lifted, the shift to our pre-pandemic lives has brought up mixed emotions and we are here to help our community heal during this transitional time.

Family Services of Westchester has been designated as a NY Project Hope provider agency in the Westchester County area to provide services and emotional support to individuals and communities who have been affected by the COVID-19 pandemic. It is a program funded by FEMA and managed by the NY State Office of Mental Health. Our NY Project Hope team has an emotional support helpline that anyone (adults and children) may call to talk to a crisis counselor about what they are going through and to be connected to any resources they may need. The helpline is free, anonymous, confidential and no self-identifying information is collected.

Project Hope: <https://nyprojecthope.org/>

Family Services of Westchester: <https://www.fsw.org/our-programs/project-hope>.

Emotional Support Helpline

7 days | 8am-10pm:

1-844-863-9314

24 – Hour Support:

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: [1-800-985-5990](tel:1-800-985-5990) (English/Spanish);
TTY: [1-800-846-8517](tel:1-800-846-8517)

Text **GOT5** to 741741

Frontline Workers text **FRONTLINE** to 741741

More info visit: <https://nyprojecthope.org/talk/>

Helpful Links for Youth

Information about masks being no longer mandated for vaccinated people:

<https://nyprojecthope.org/facemasks/>

How teens have been affected by the pandemic as things reopen:

<https://nyprojecthope.org/teens-during-pandemic/>

Information about anxiety in social settings:

<https://nyprojecthope.org/social-settings/>