



*Staying Healthy with ICL*

## NY Project Hope

If you're feeling especially stressed and anxious -  
If you're not able to meet day-to-day responsibilities -  
If you've felt the pain of losing a job -

*you are not alone.*  
It can help to talk to someone.

*NY Project Hope* offers crisis counseling and referrals to other support services to help get you through the difficult days of this pandemic.

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For more information on *NY Project Hope*  
in Brooklyn, Bronx, and Manhattan call  
(718) 495-6700 (dial 0 for the operator) or call (917) 361-5782

**NY Project Hope**  
Coping with COVID

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*ICL - Institute for Community Living offers mental health counseling, support and housing across the five boroughs.*  
Visit [www.iclinc.org](http://www.iclinc.org)