



**Office of
Mental Health**

COPING CIRCLES

The NYS Office of Mental Health is offering a free Coping Circles to those needing some extra support as the result of issues related to COVID19. This is a terrific resource and it's free!!

1. The Office of Mental Health encourages participation from healthcare workers, first responders, COVID-19 survivors, those who have lost loved ones to COVID-19, and those who have experienced COVID-19 related job loss. Specialized Coping Circles for these groups will be created pending demand and availability.
2. Coping Circles will be available throughout the summer through the end of August 2020.
3. New Yorkers interested in joining Coping a Circles can register here, a secure and HIPAA-compliant web platform.

[COPING CIRCLES \(English\)](#)

[COPING CIRCLES FLYER \(Español\)](#)