

We'll get through this *together*

Feeling anxious, stressed, not sure where to turn?

Northwell's Emotional Support Resource Center is here to provide assistance and reassurance to you and your loved ones during the COVID-19 pandemic. Experts trained in emotional well-being will answer questions, provide resources, or just listen. The Center is fully equipped with trained resource representatives able to provide referrals to Northwell's:

- digital tools that can help assess/address your emotional well-being in your own environment
- chaplaincy services that can connect you with your spiritual side
- certified well-being coaches
- NYS licensed social workers and behavioral health experts



Call our 24/7 Emotional Support Resource Center at 516-344-4155

This service is free and 100% confidential. Your information will not be shared with your manager, colleagues or Northwell's human resources.

We are here for you because you are here for us.