



New York Nurses' Strike January 12, 2026

Office of the Governor

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[Governor Kathy Hochul](#)

[Governor Kathy Hochul | Facebook](#)

[Governor Kathy Hochul \(@GovKathyHochul\) / X](#)

[Governor Kathy Hochul - YouTube](#)

Posted on Governor's Website on January 11th, 2026.

"My team and I have been in regular communication with both NYSNA and hospital leadership for weeks, and that work has led to real progress. Eleven hospital systems have either reached agreements or agreed not to proceed with strikes at this time.

"While negotiations will continue, we expect strikes to begin tomorrow at three hospital systems in Manhattan and the Bronx.

"If strikes move forward, the Department of Health will have staff on site at all affected hospitals beginning tomorrow morning and for the duration of the strike to ensure patient safety and continuity of care.

"My top priority is protecting patients and ensuring they can access the care they need. At the same time, we must reach an agreement that recognizes the essential work nurses do every day on the front lines of our healthcare system.

"This weekend, I signed a two-week Executive Order allowing hospital systems to access resources to maintain patient care.

"I continue to urge both sides to remain at the table and reach an agreement as soon as possible."

United Way/211 Information and Referrals Lines

These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

[Connect United Way NYC](#)

Suggestions for Meditation and Breathing Apps

- Calm - Available for iOS and Android
- UCLA Mindful - Available for iOS and Android
- Smiling Mind - Available for iOS and Android

Helpful Articles and Resources

- **National Institute of Mental Health**
Coping with Traumatic Events
[NIMH » Coping With Traumatic Events \(nih.gov\)](https://www.nimh.nih.gov/health/publications/coping-with-traumatic-events/index.shtml)
- **Centers for Disease Control and Prevention (CDC)**
"Coping with a Traumatic Event"
[Coping with a Disaster or Traumatic Event \(cdc.gov\)](https://www.cdc.gov/disaster/coping/index.html)
- **American Psychological Association**
"How to talk to children about difficult news"
[How to talk to children about difficult news \(apa.org\)](https://www.apa.org/parents/children/news)
- **American Academy of Child & Adolescent Psychiatry**
[Disaster and Trauma Resource Center \(aacap.org\)](https://www.aacap.org/child/trauma)

Free Help Line

Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, 866-447-3573, will be open Monday-Friday, 8am-8pm Central Time. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at: <https://www.liveandworkwell.com>.