

COLOR ME HOPEFUL



NEW YORK
STATE OF
OPPORTUNITY.

Office of
Mental Health

SHARING A CREATIVE VISION

Hello

and Welcome to the second edition of Color Me Hopeful!

Since our inaugural coloring book was so well-received last year, we wanted to offer you more examples of the wonderful works of art created by individuals served by the New York State Office of Mental Health.

Research suggests coloring can be therapeutic for people of all ages, and may provide many of the same benefits as meditation – such as creating a quiet, mindful, and regenerative environment. Studies have shown the act of coloring stimulates both sides of your brain and reduces anxiety.

Coloring, by its nature, is also a way of participating in the creative process. It's our hope that by you "joining" these remarkable artists in "re-creating" their works, you will help to erase the stigma that often accompanies mental illness. We invite you to see the world through their eyes, appreciate the beauty our clients observe in nature and everyday life, and share in the feelings that they explore on their journeys to recovery.

So use your imagination, have some fun, and share your creative vision!

Sincerely,

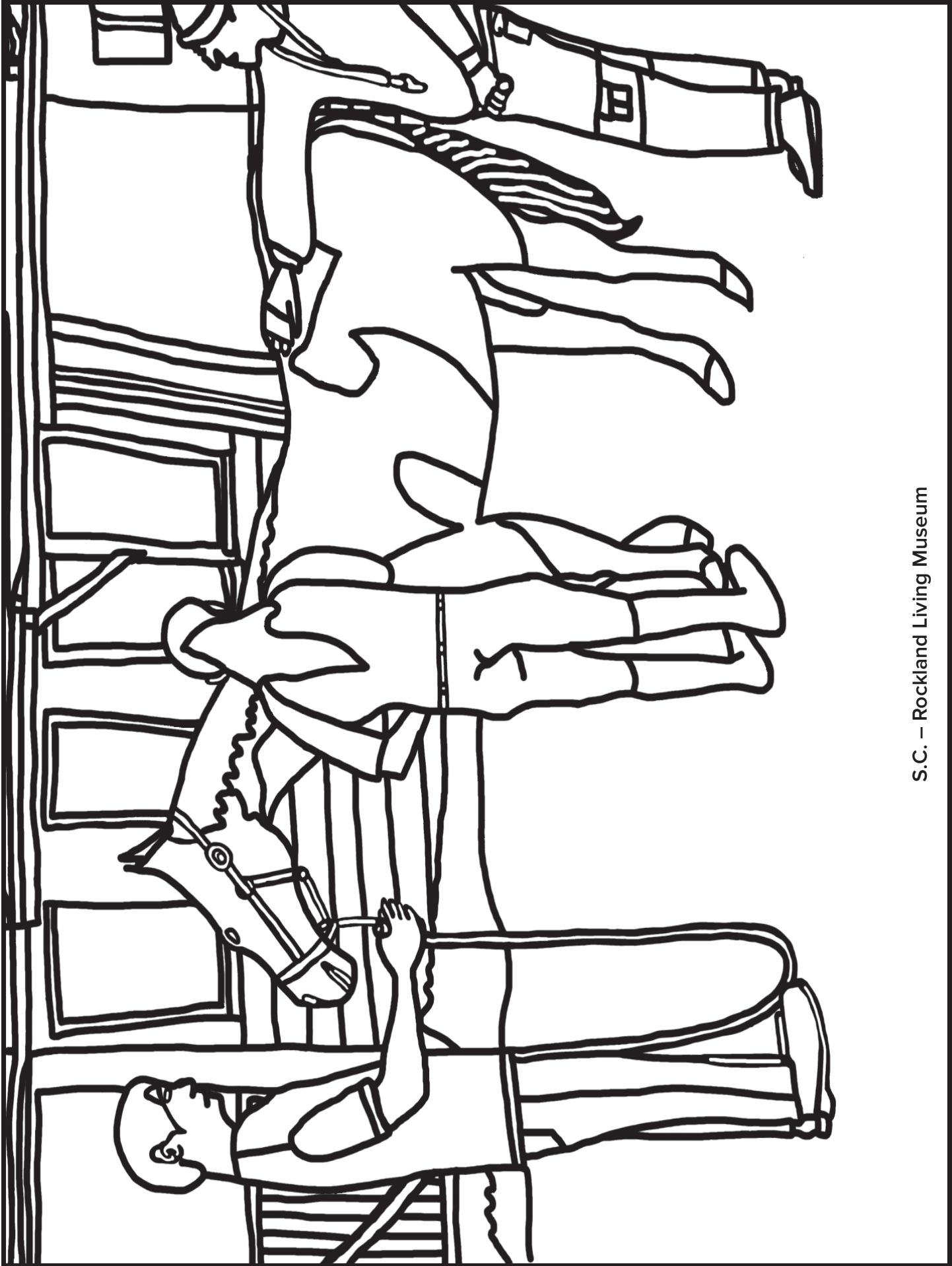
Dr. Ann Sullivan
Commissioner
New York State Office of Mental Health

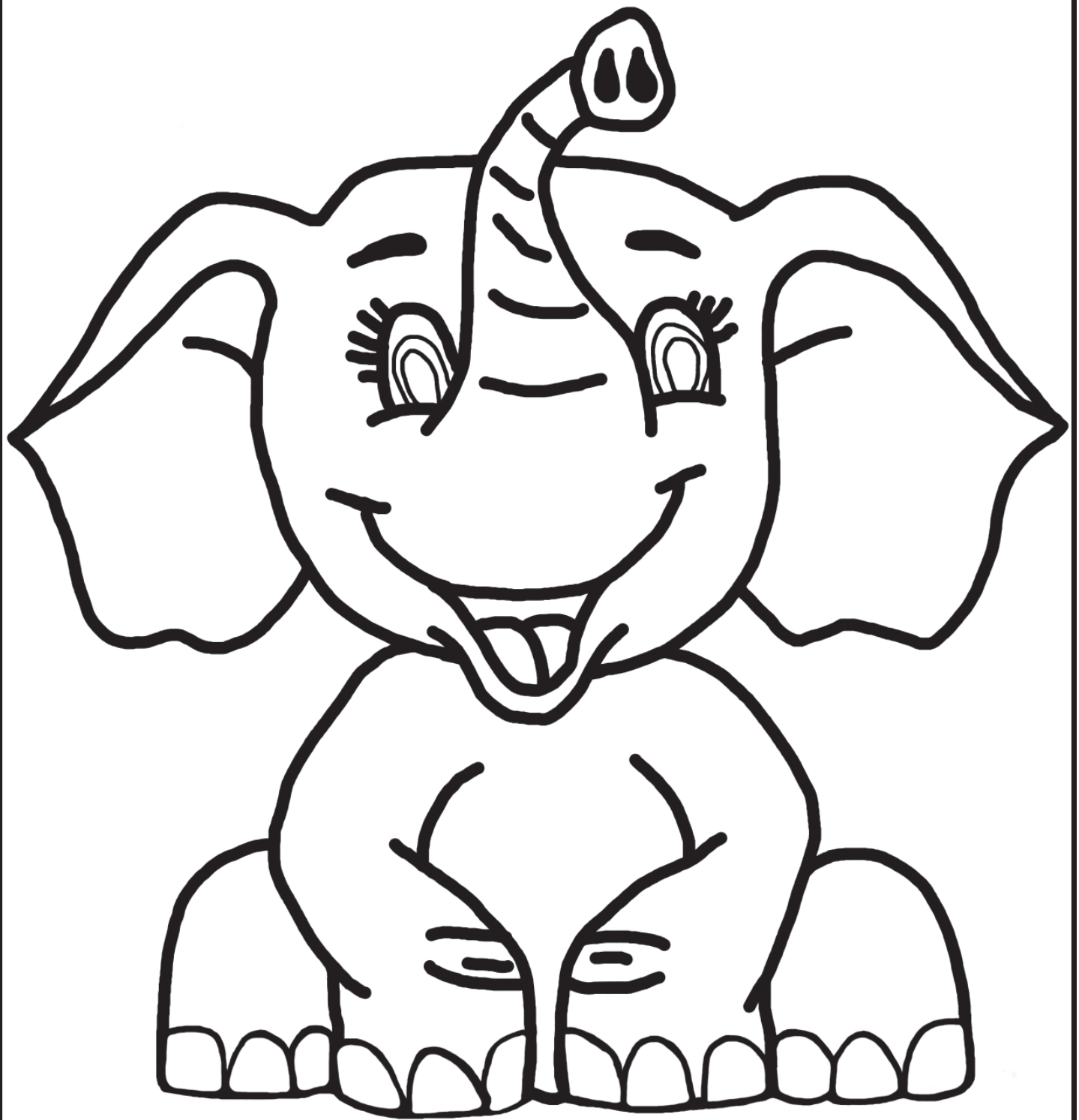


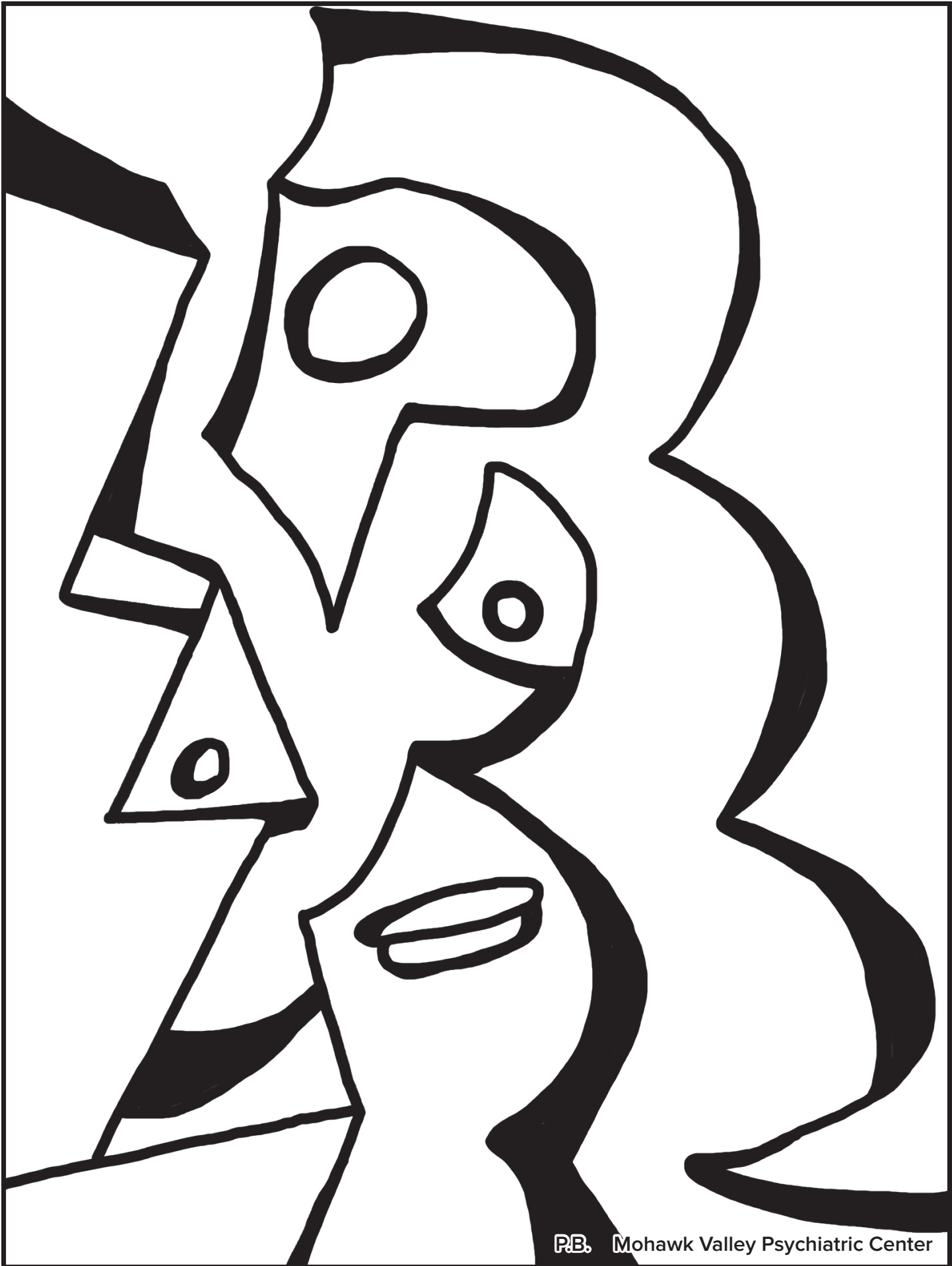
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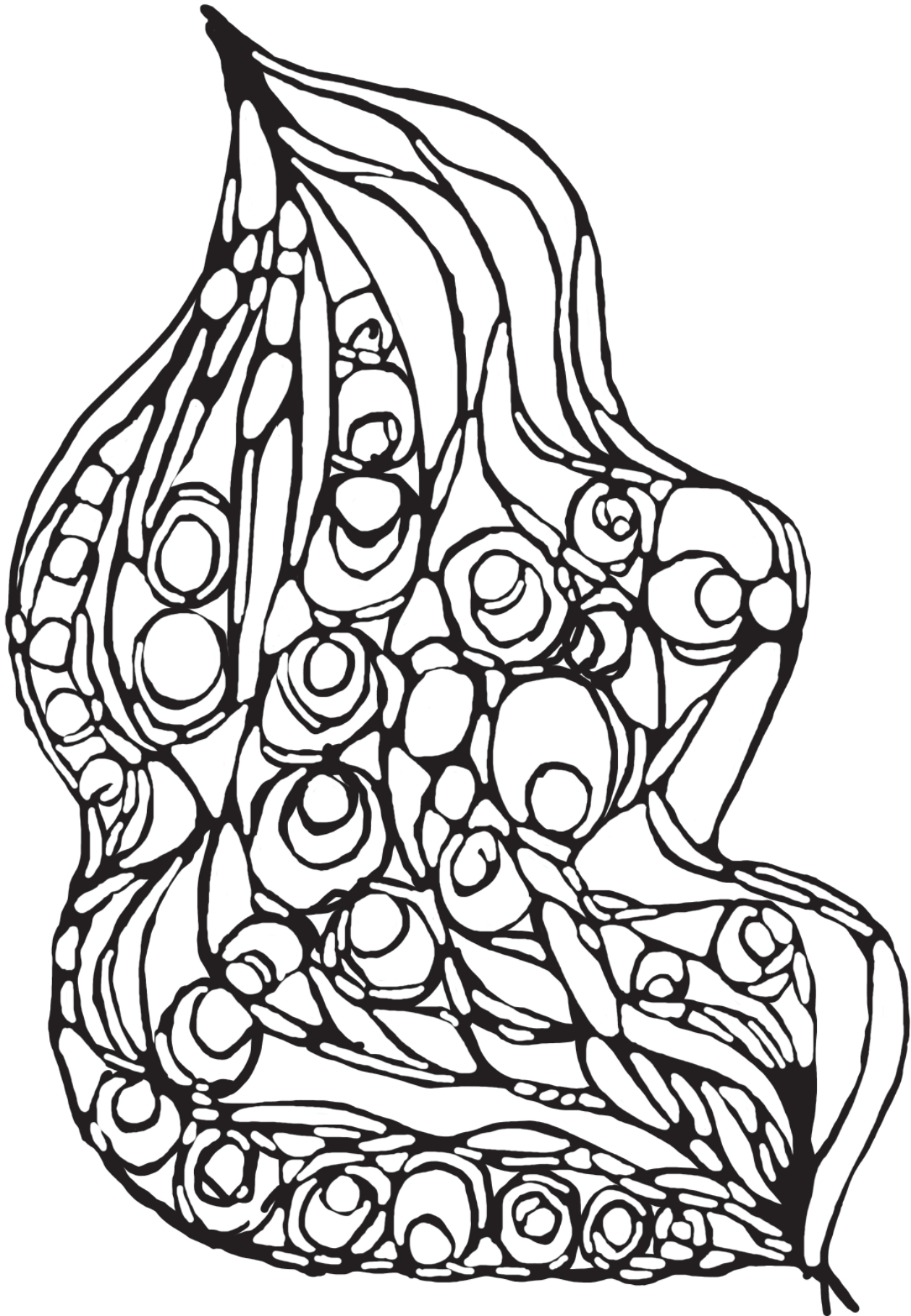


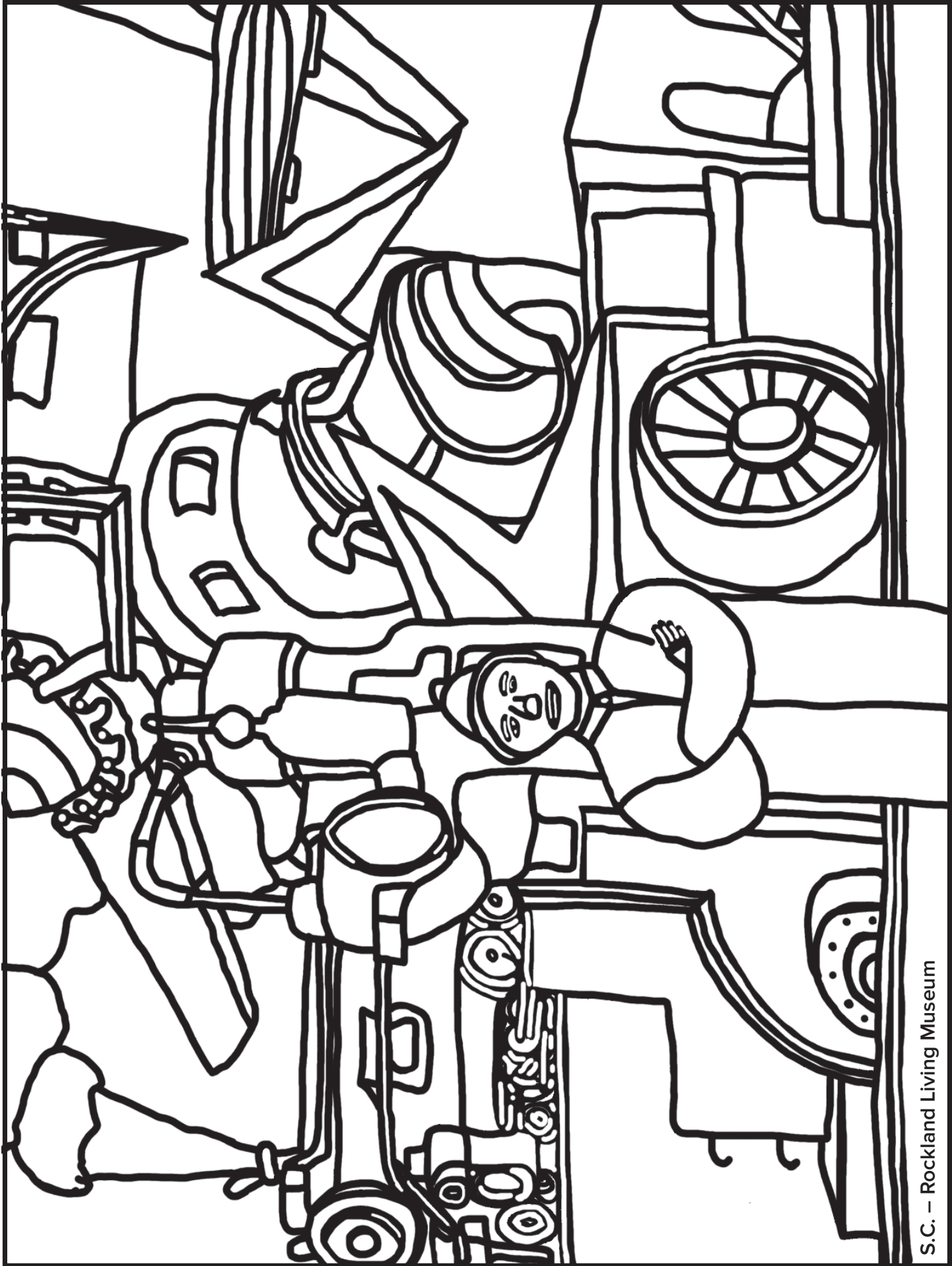


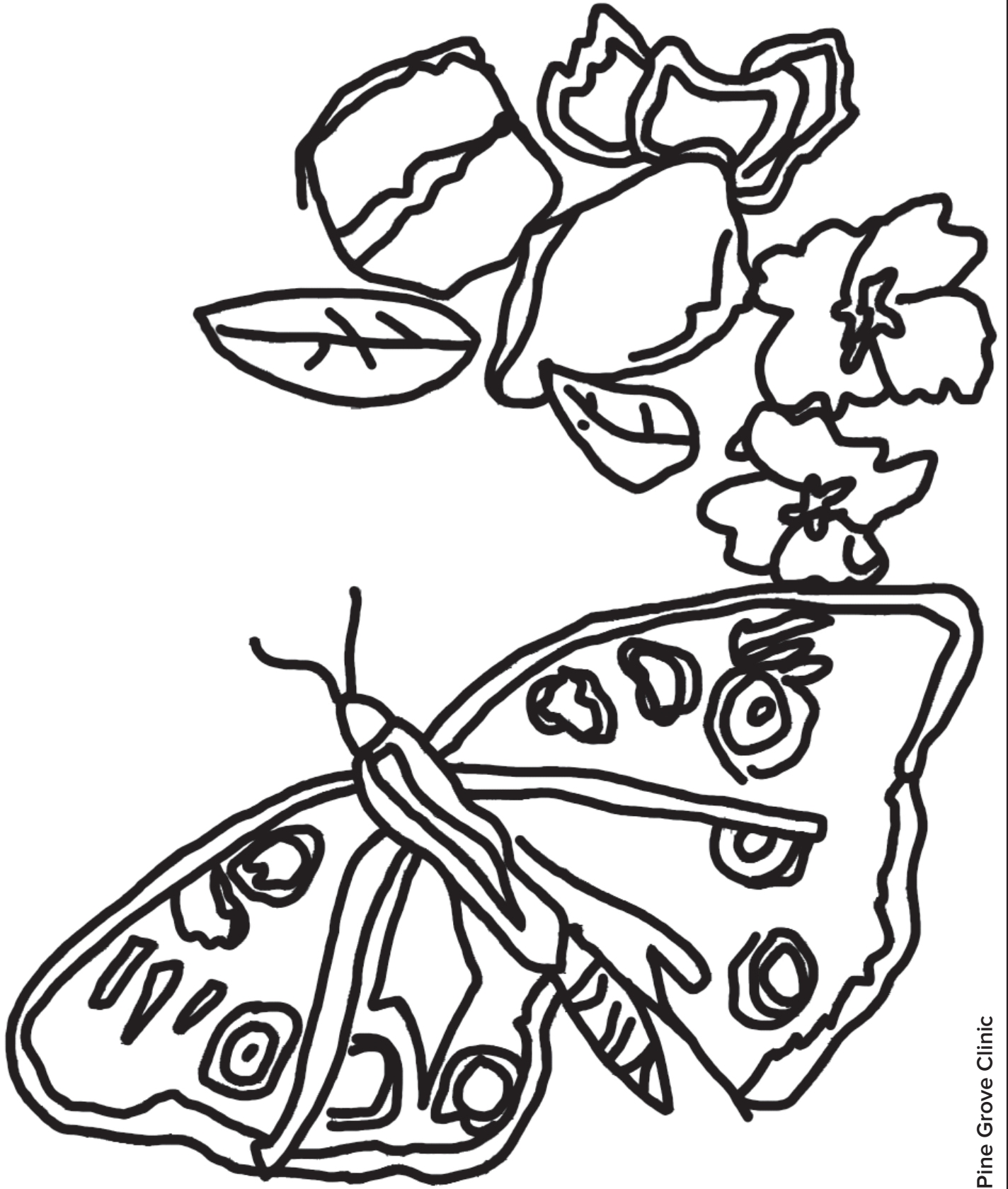


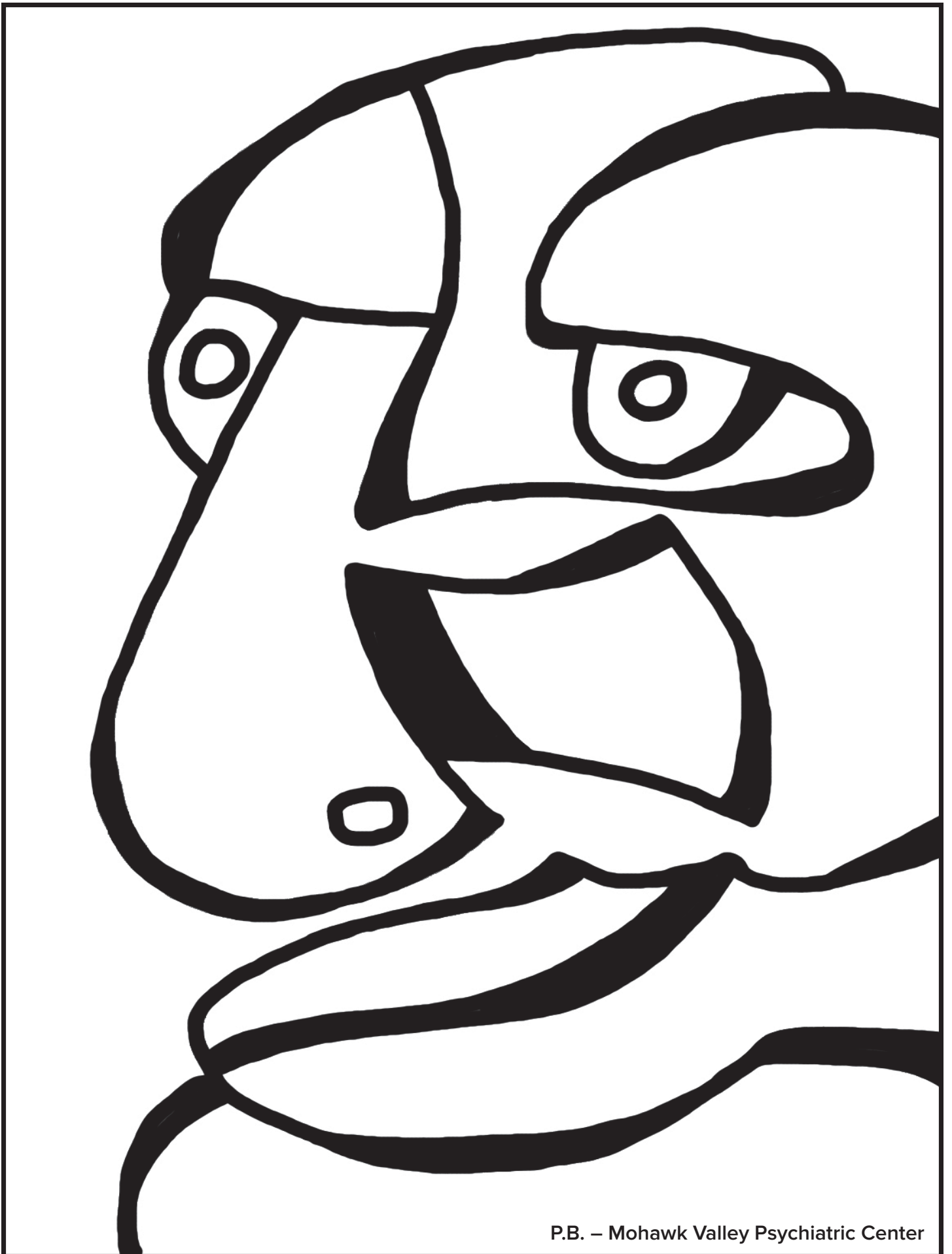


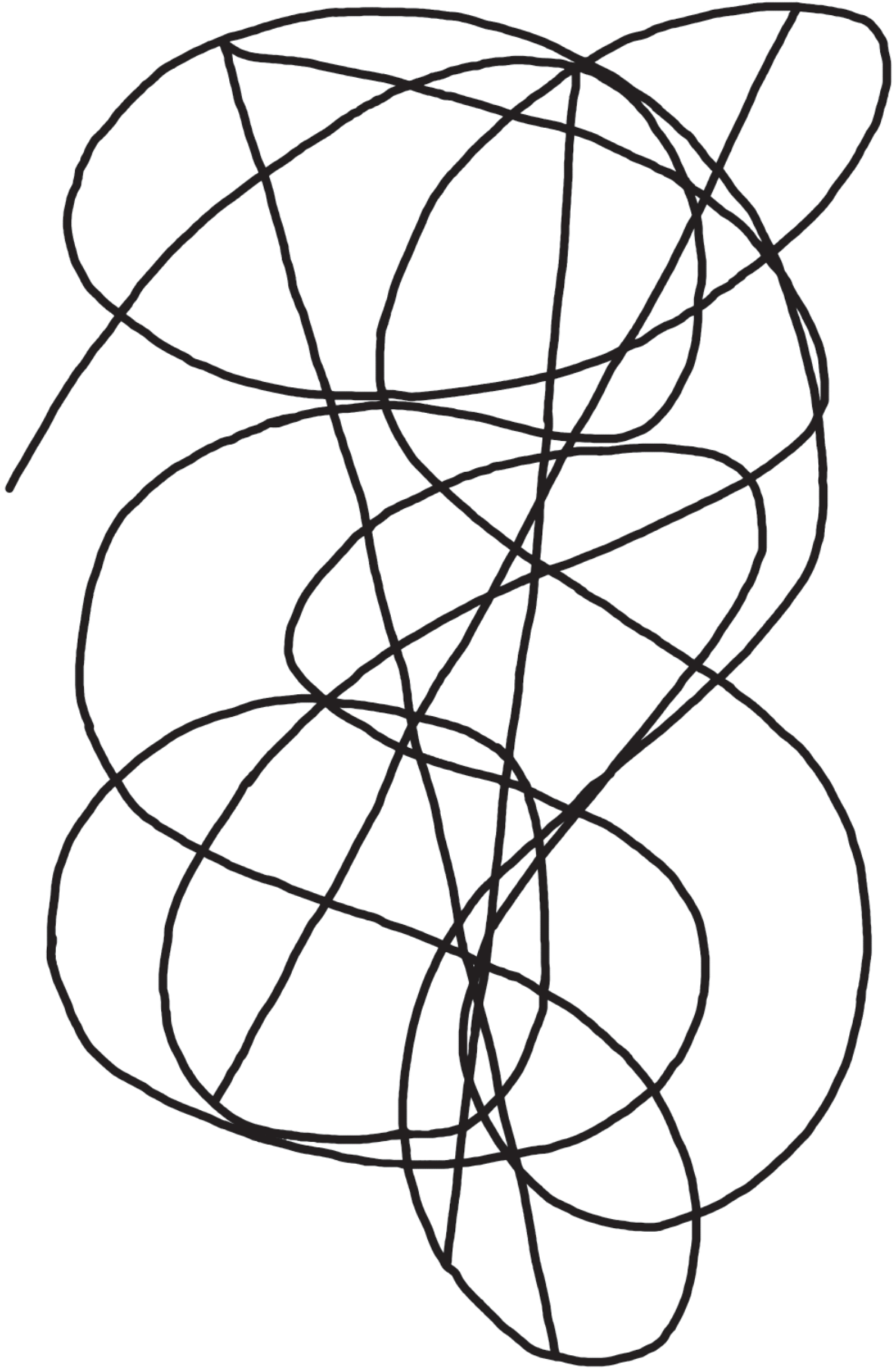








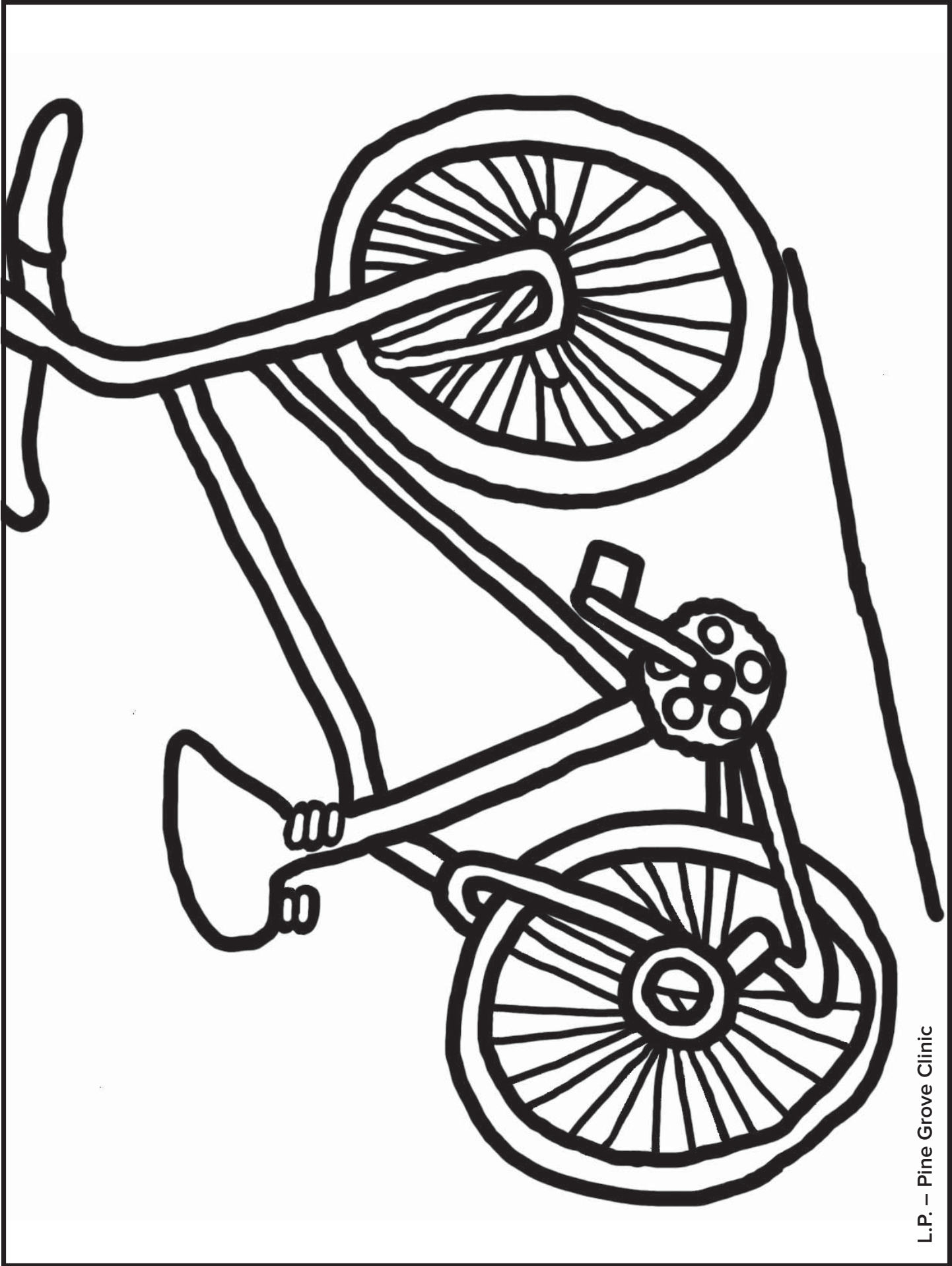




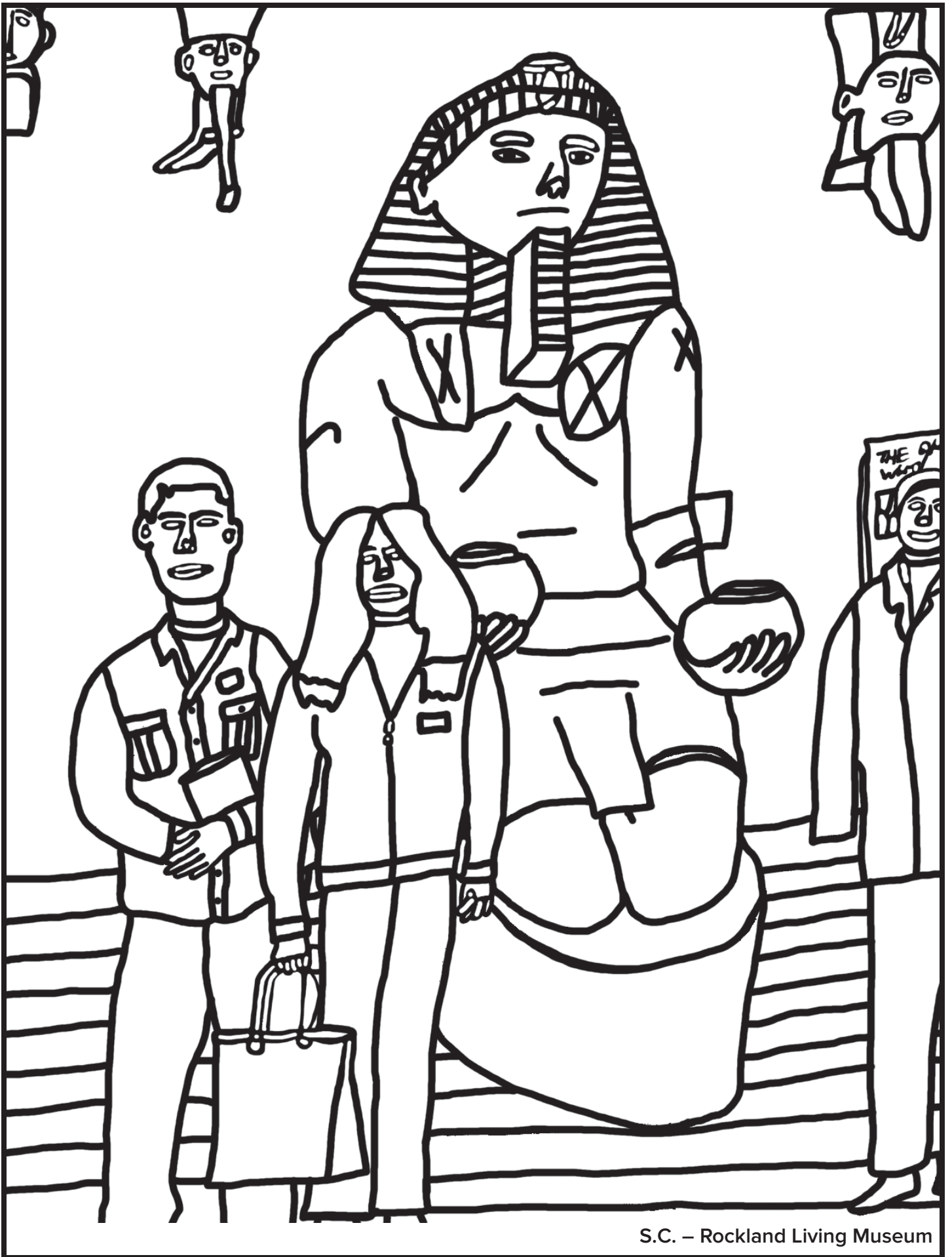
J.M. – Rockland Psychiatric Center

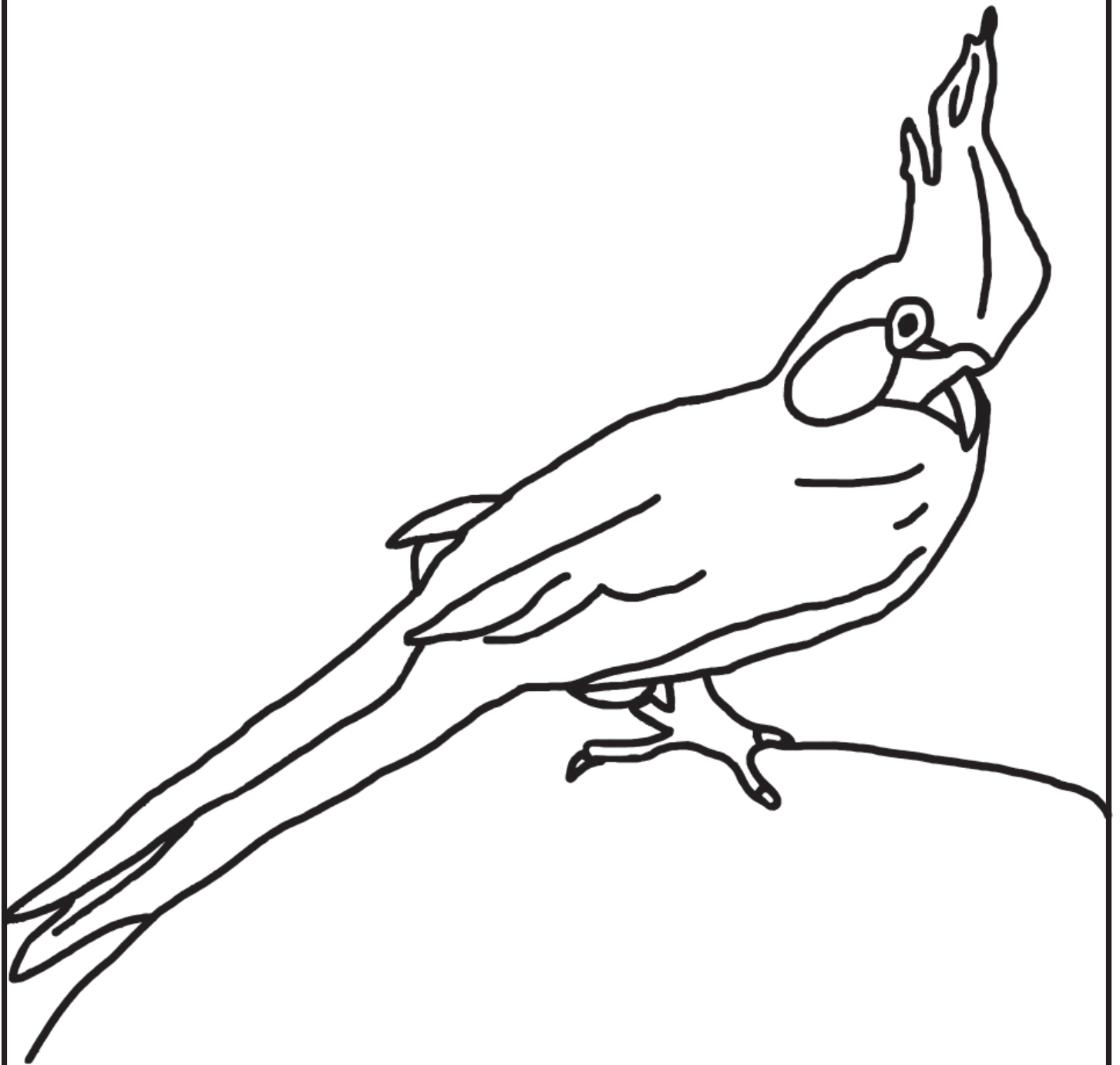




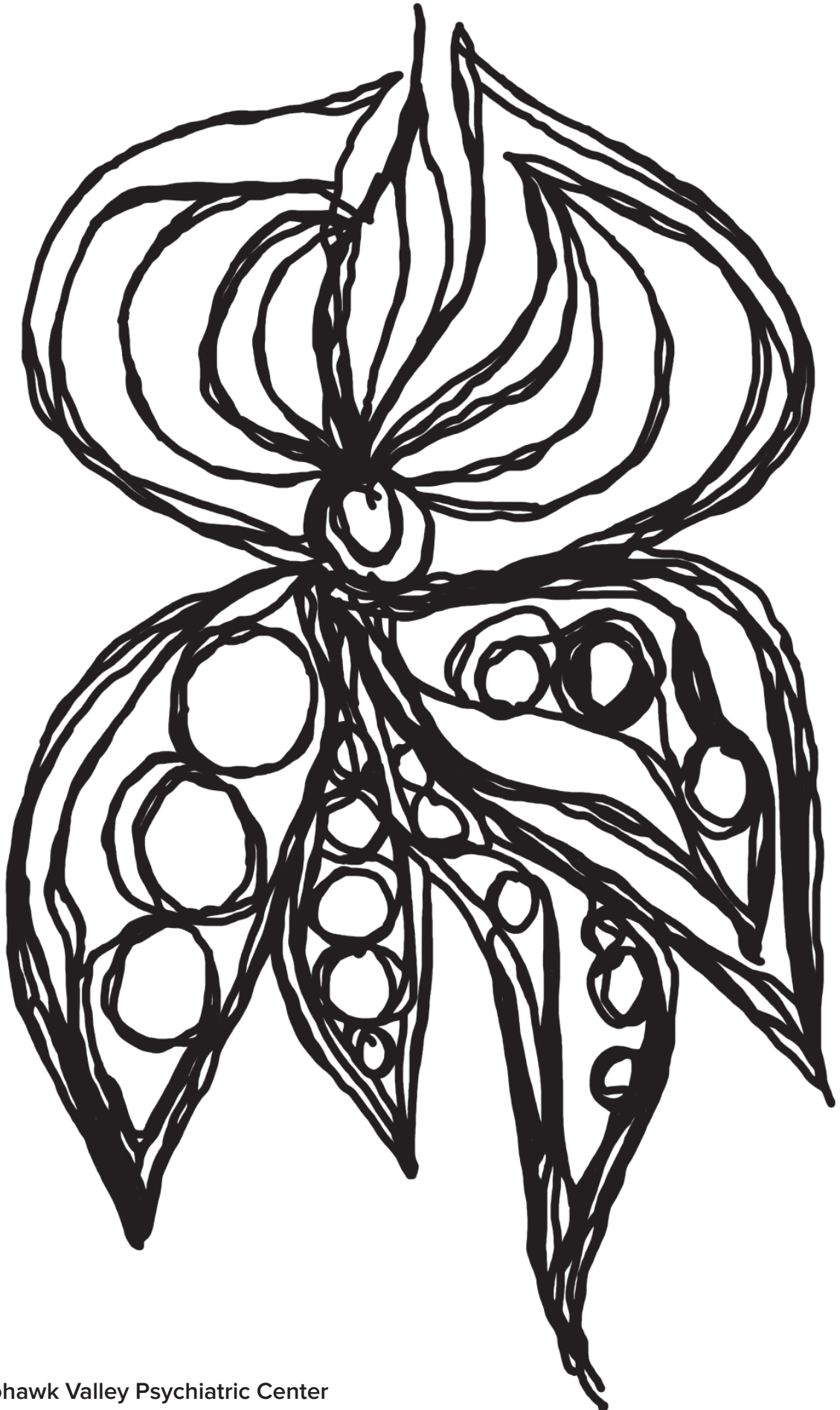












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