

# COLOR ME HOPEFUL



WELLNESS  
IS  
Possible!!



Office of  
Mental Health

SHADES OF EXPRESSION

# **Color Me Hopeful**

## **Volume 4:**

### **Shades of Expression**

The New York State Office of Mental Health is proud to once again bring you Color Me Hopeful – our annual coloring book for the New York State Fair featuring the selected works of some of the very talented artists who are taking part in our agency’s programs.

This year’s edition, our fourth, is titled Shades of Expression. Through their drawings, sculptures, and paintings, these artists truly show us the joy they’ve found in their own personal journeys to recovery. In fact, many of these works have been prepared specifically for this booklet, because the artists are eager to share their world with you and erase the stigma that often accompanies mental illness.

Besides, coloring can be therapeutic and can provide many of the same benefits of meditation. Studies have long shown that tapping into the creative process increases focus, reduces symptoms of stress and depression, and improves mood.

So please, take a few minutes to enjoy our book, color a few pages, and take some time to reflect, as well.

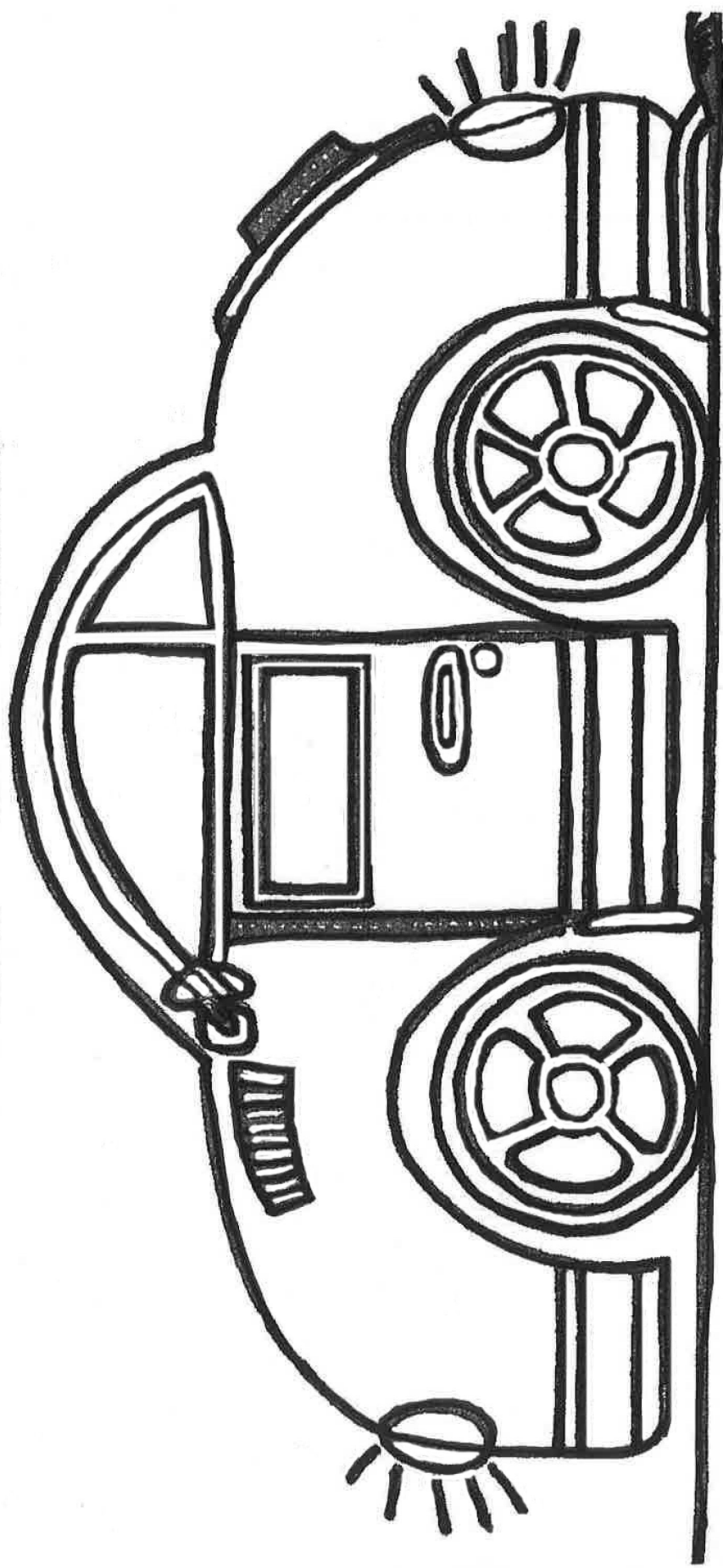
Sincerely,

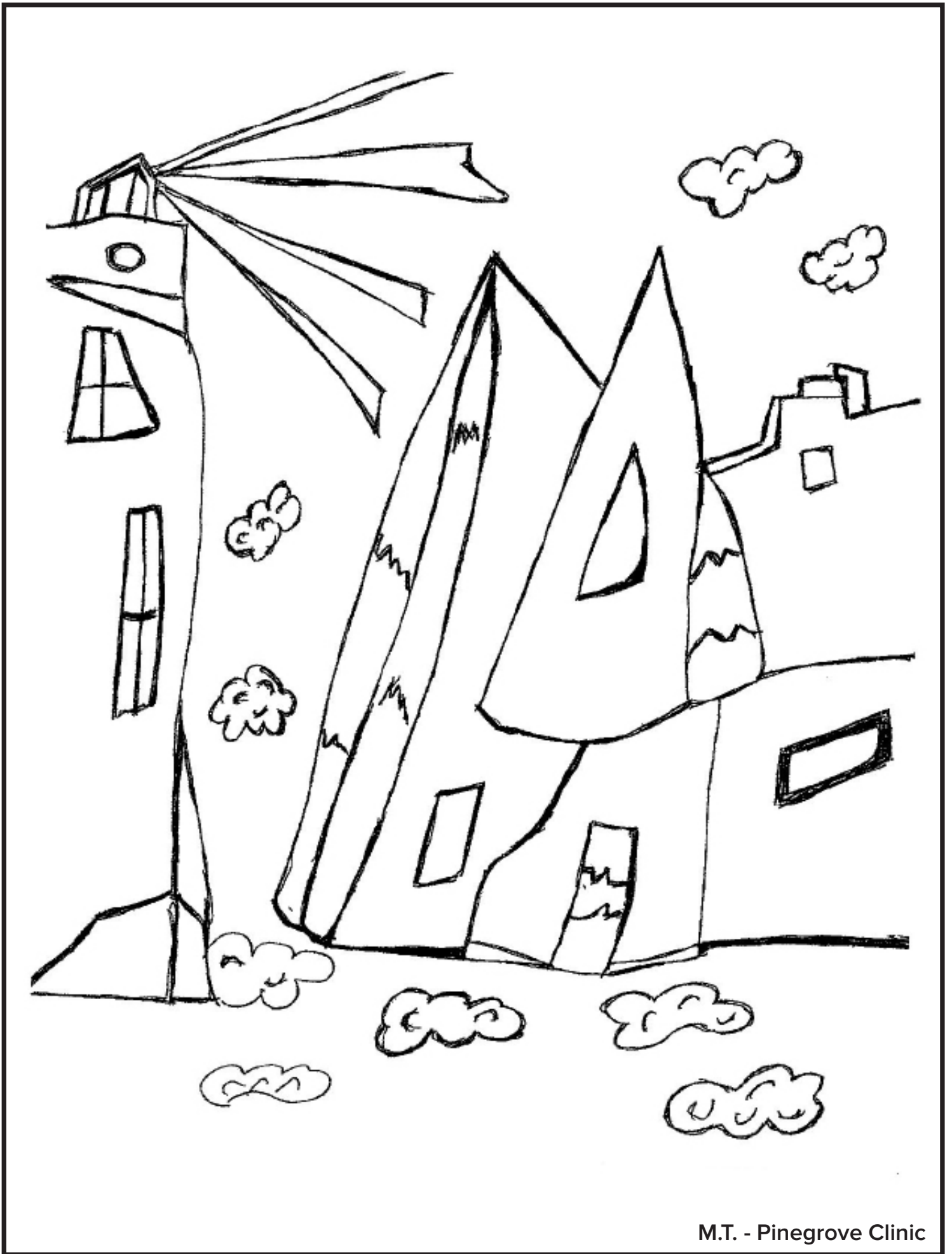
**Dr. Ann Sullivan**  
**Commissioner**  
**New York State Office of Mental Health**

*Cover Art: K.P. – The Wellness Center*



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# MENTAL HEALTH

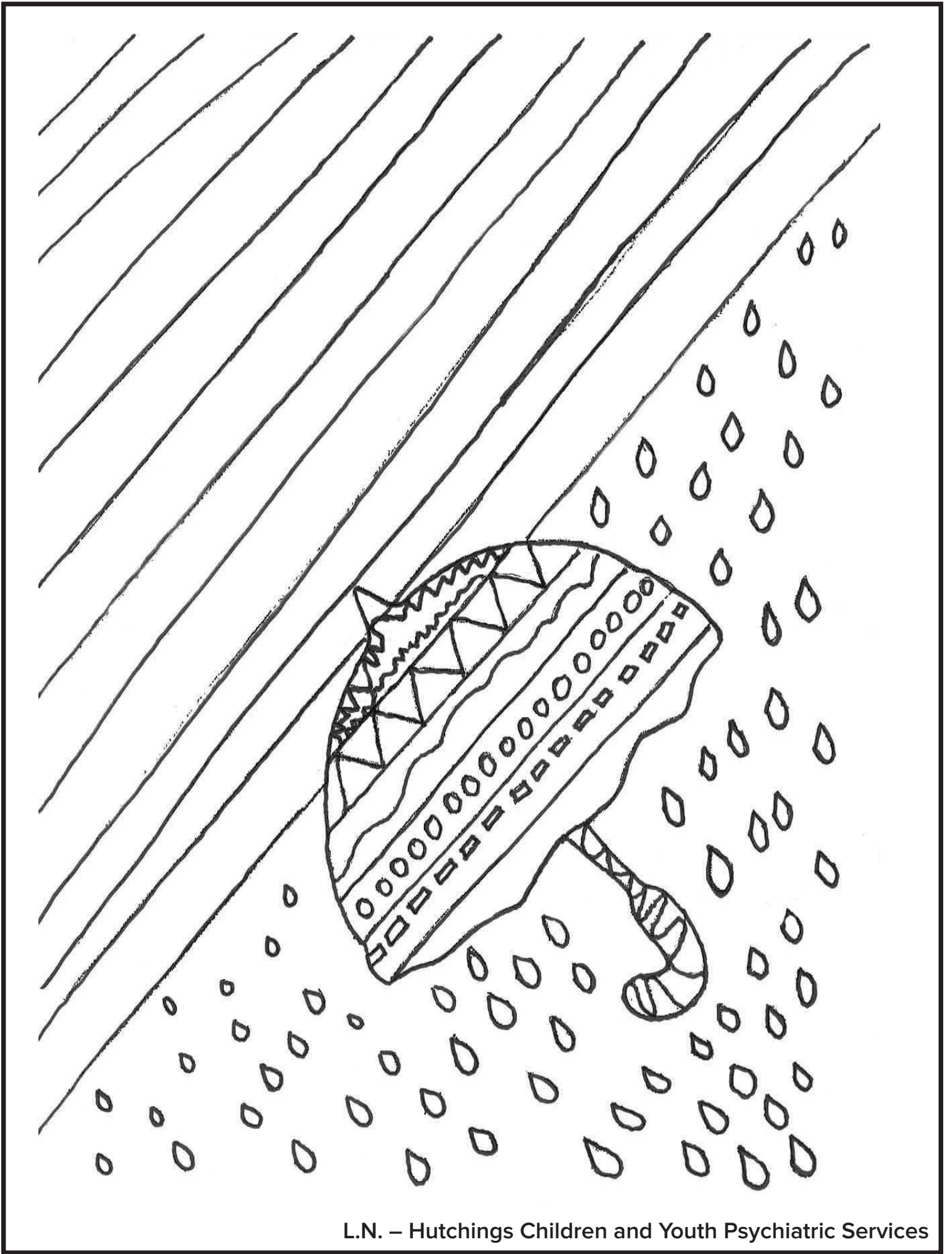


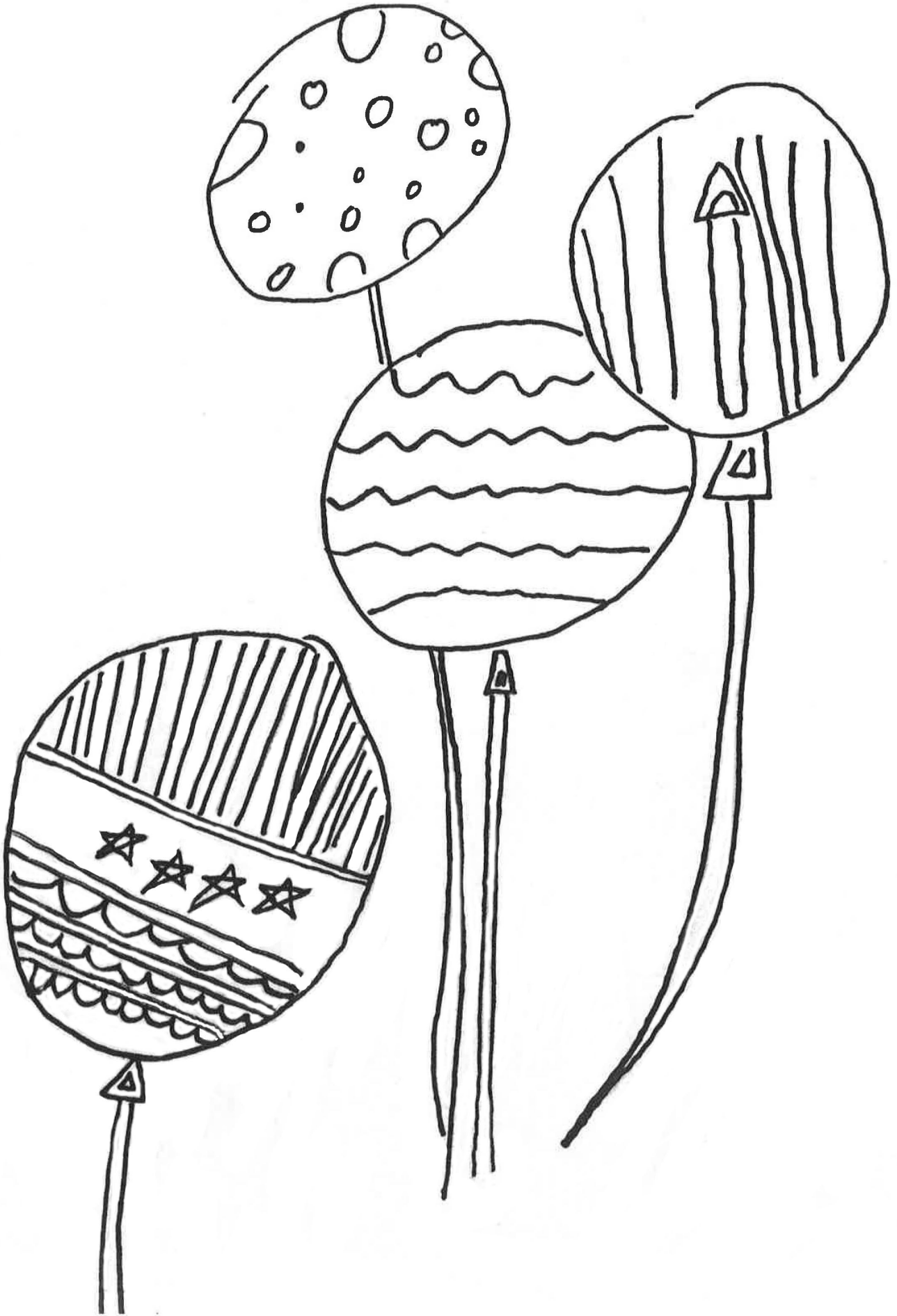


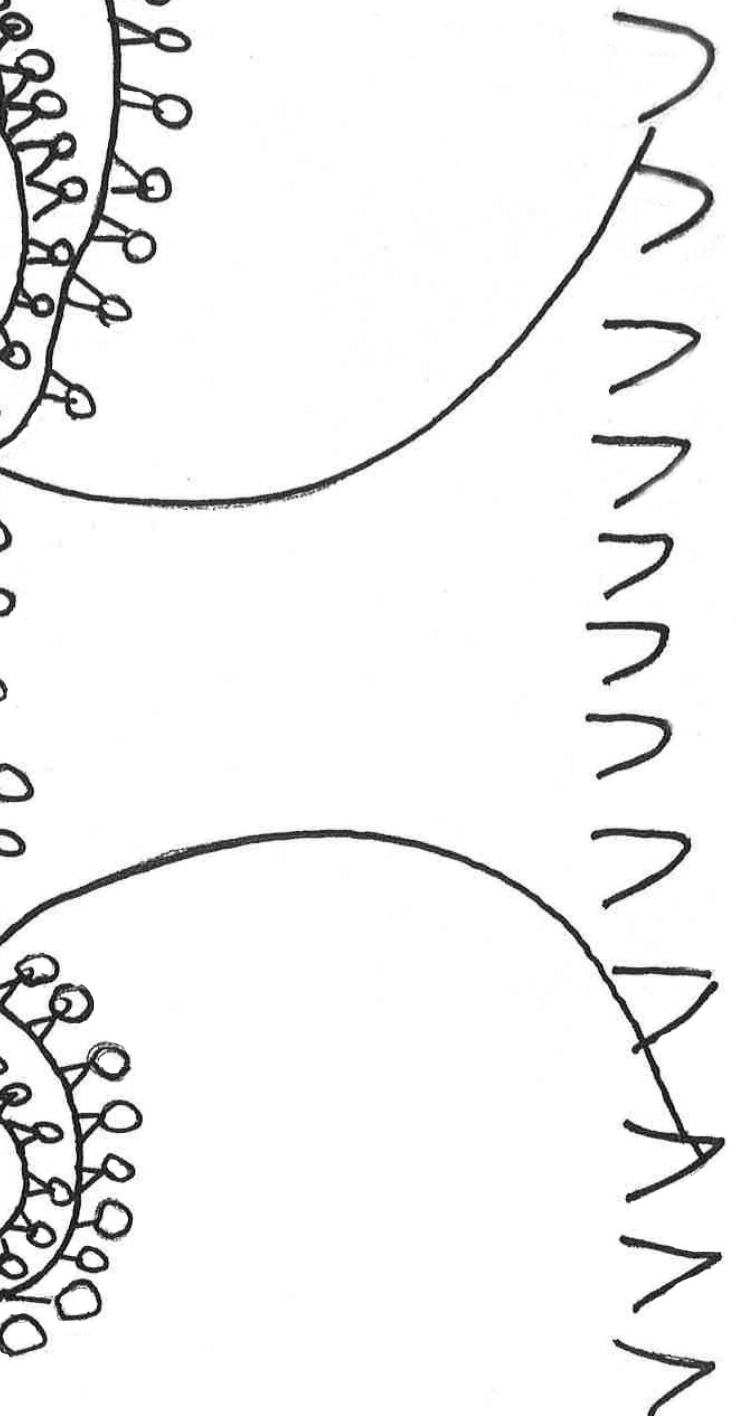
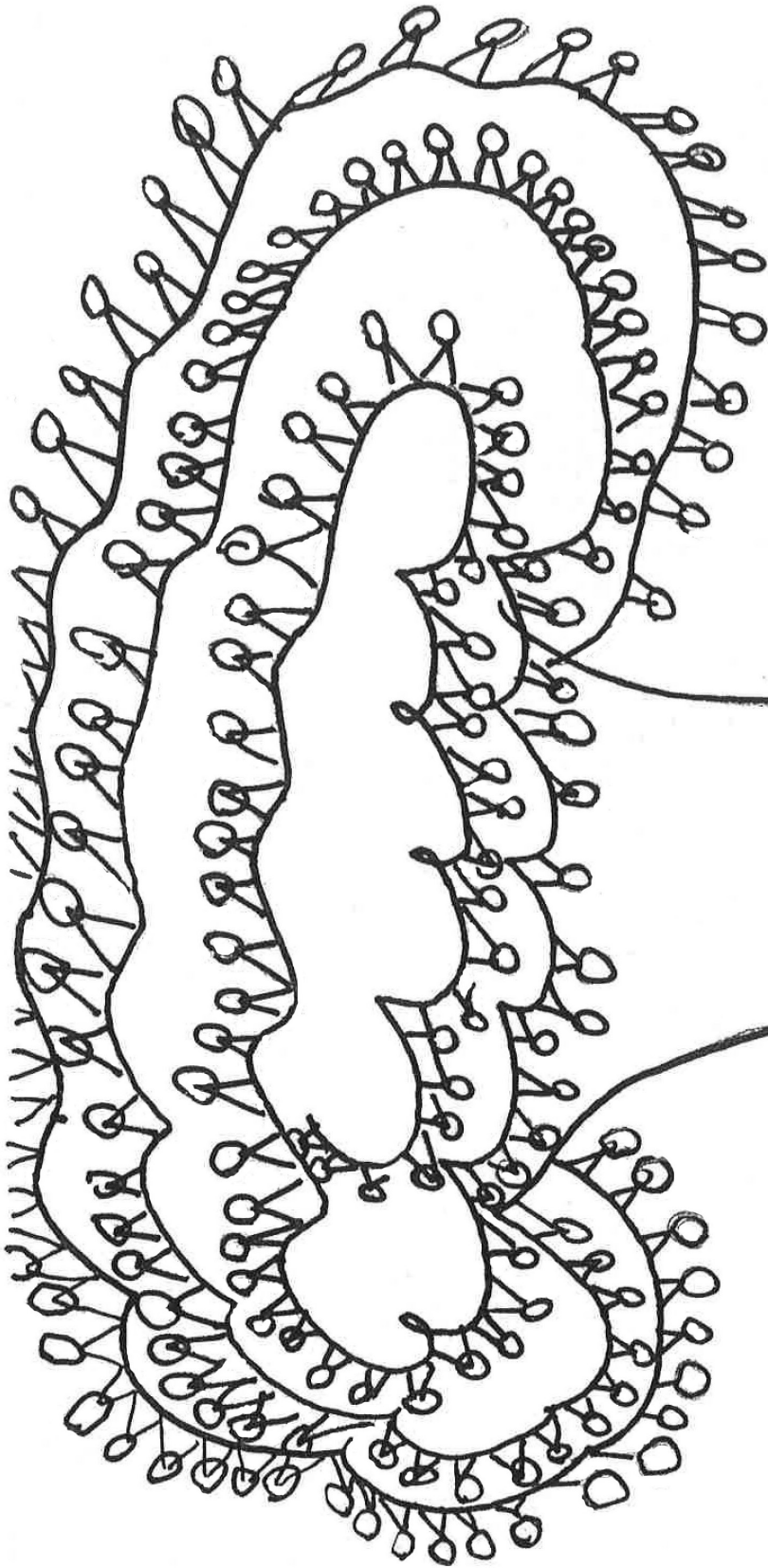


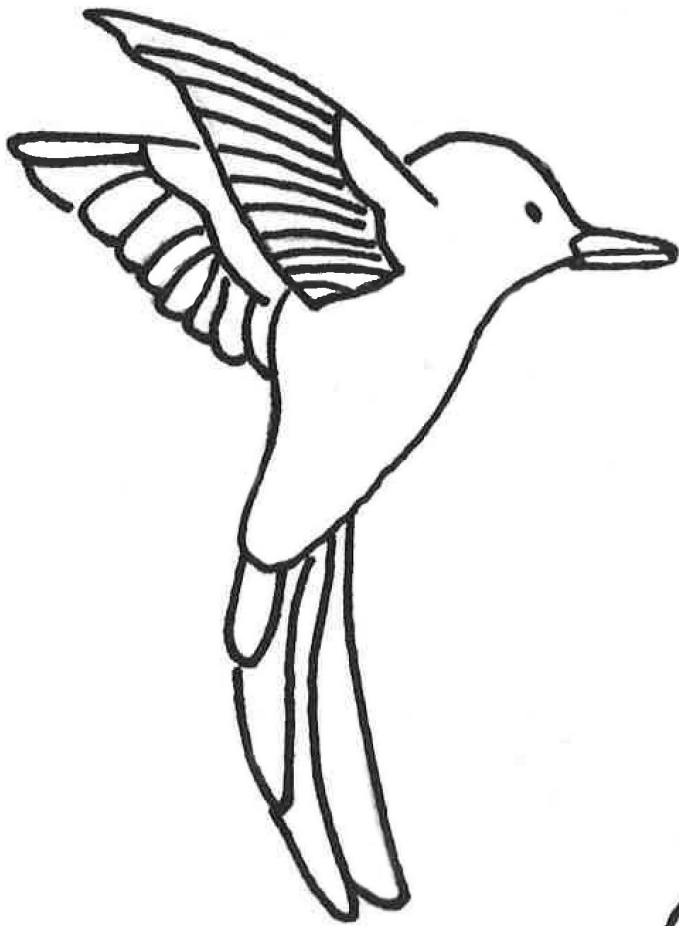


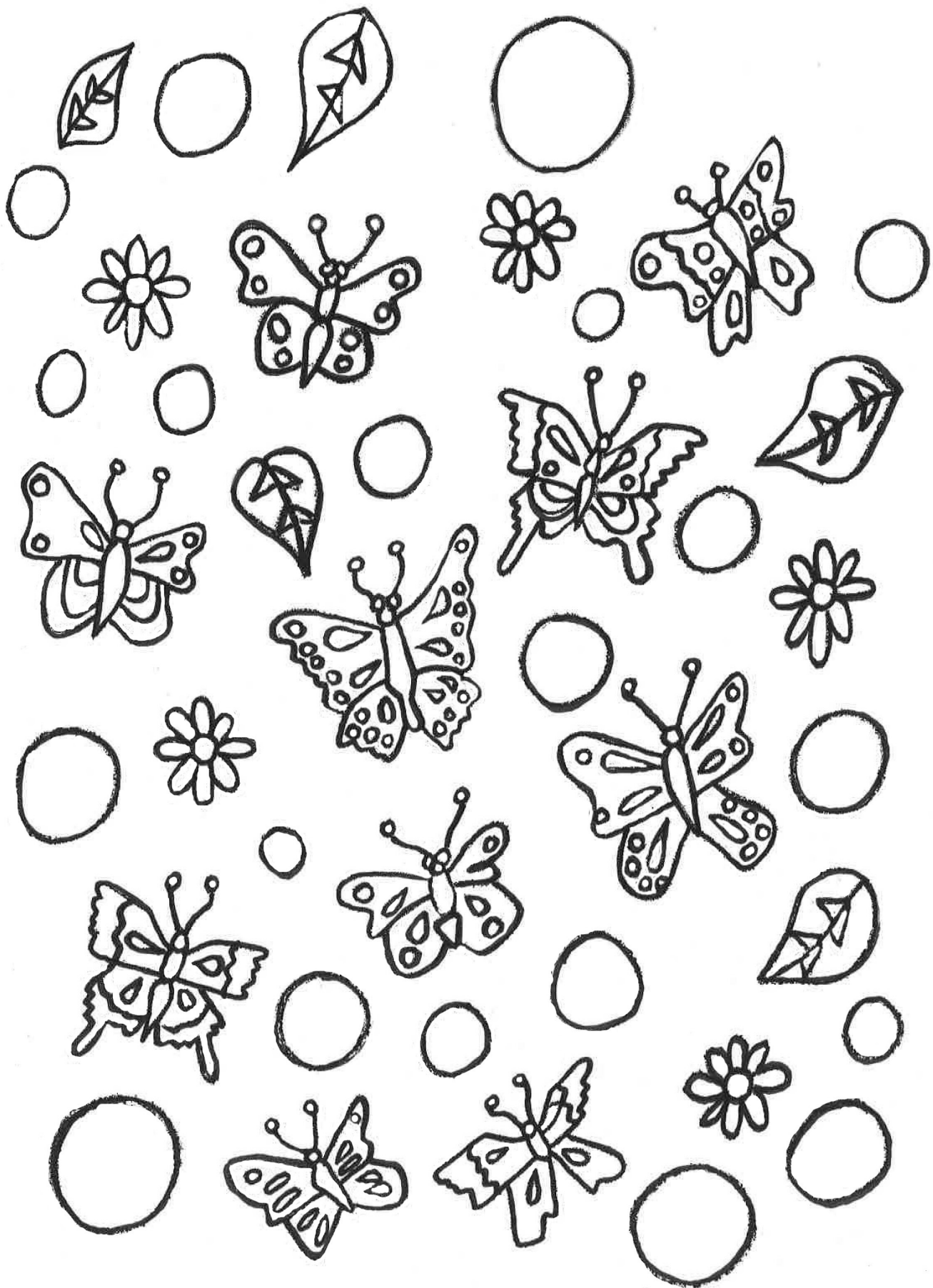












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**Need to talk?**

We've got time to listen

Text **"Got5"** to 741741 to start a conversation



Free, 24/7, Confidential Crisis Support

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