

COLOR ME HOPEFUL



NEW YORK
STATE OF
OPPORTUNITY.

Office of
Mental Health

REFLECTIONS OF RECOVERY



Color Me Hopeful Volume 3: Reflections of Recovery

The New York State Office of Mental 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 third, is titled Reflections of Recovery. 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: A.S. – New York City Children’s Center



Office of
Mental Health

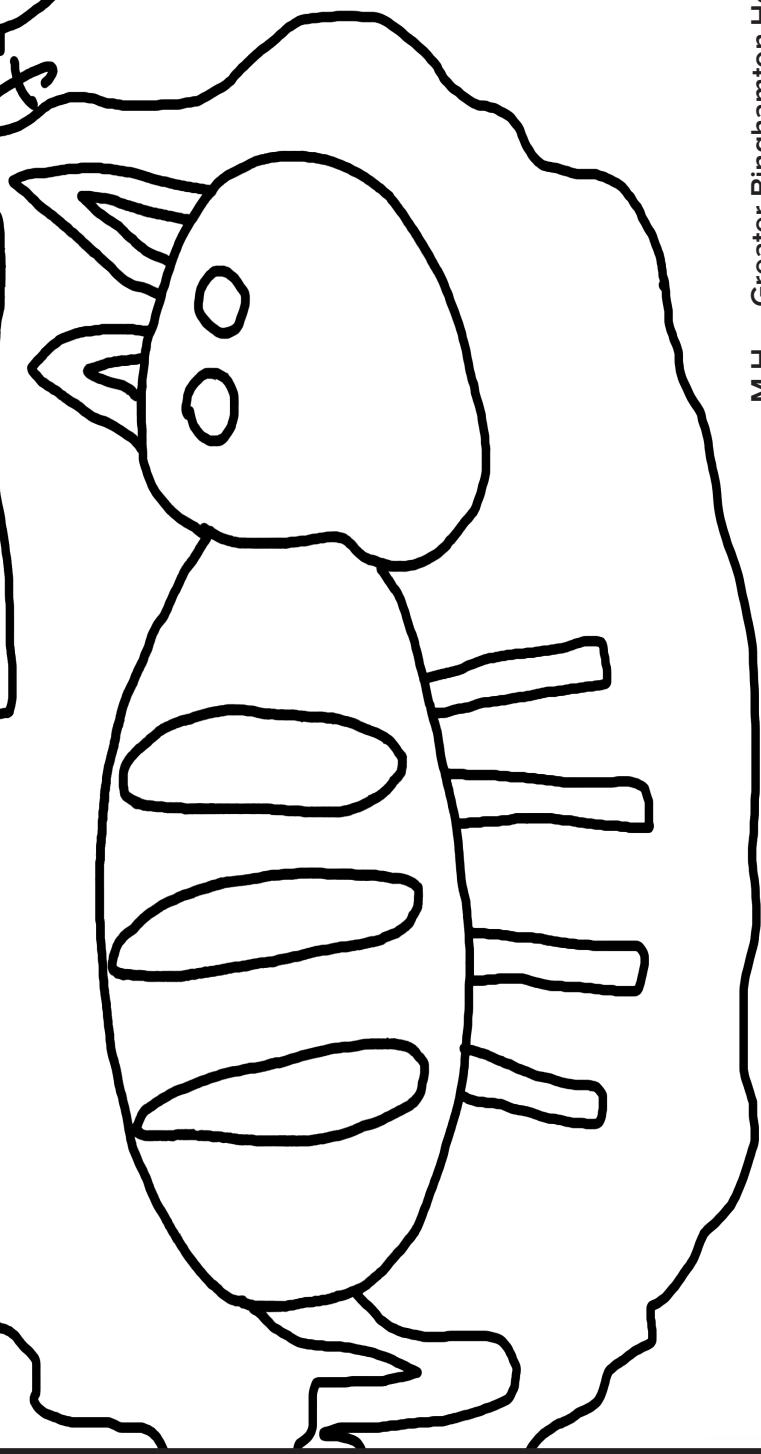


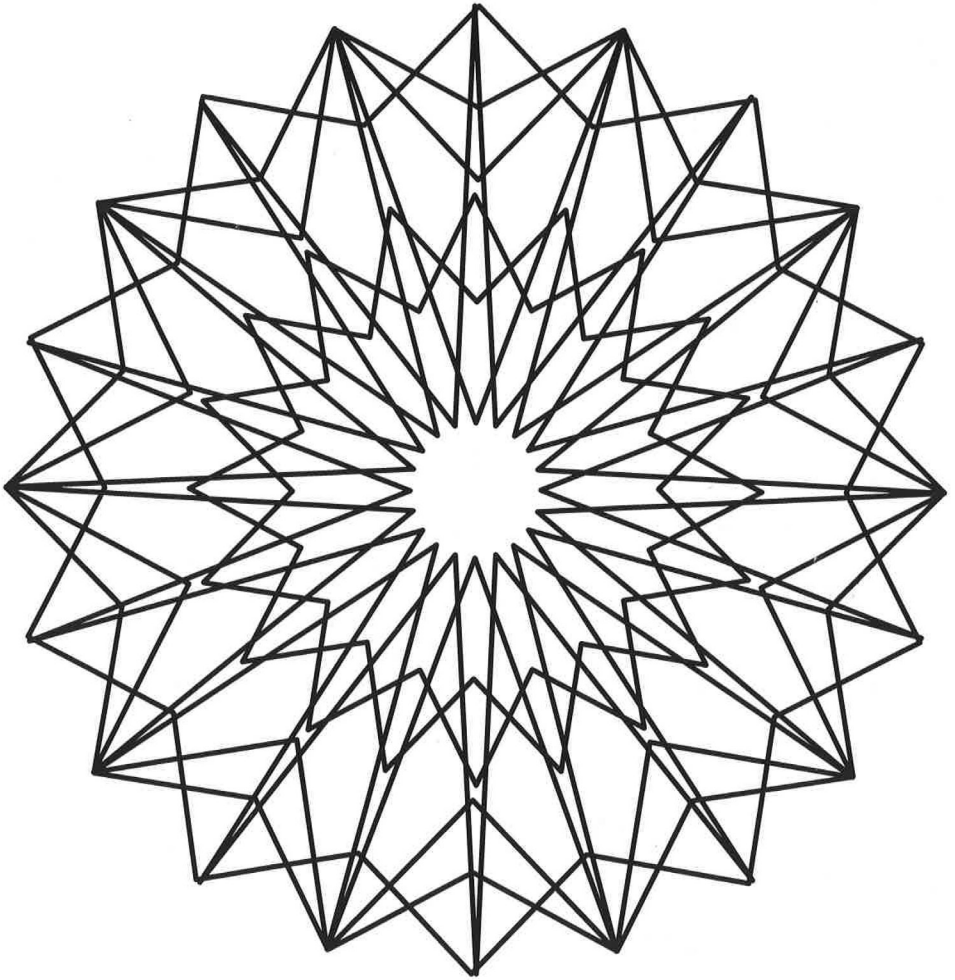


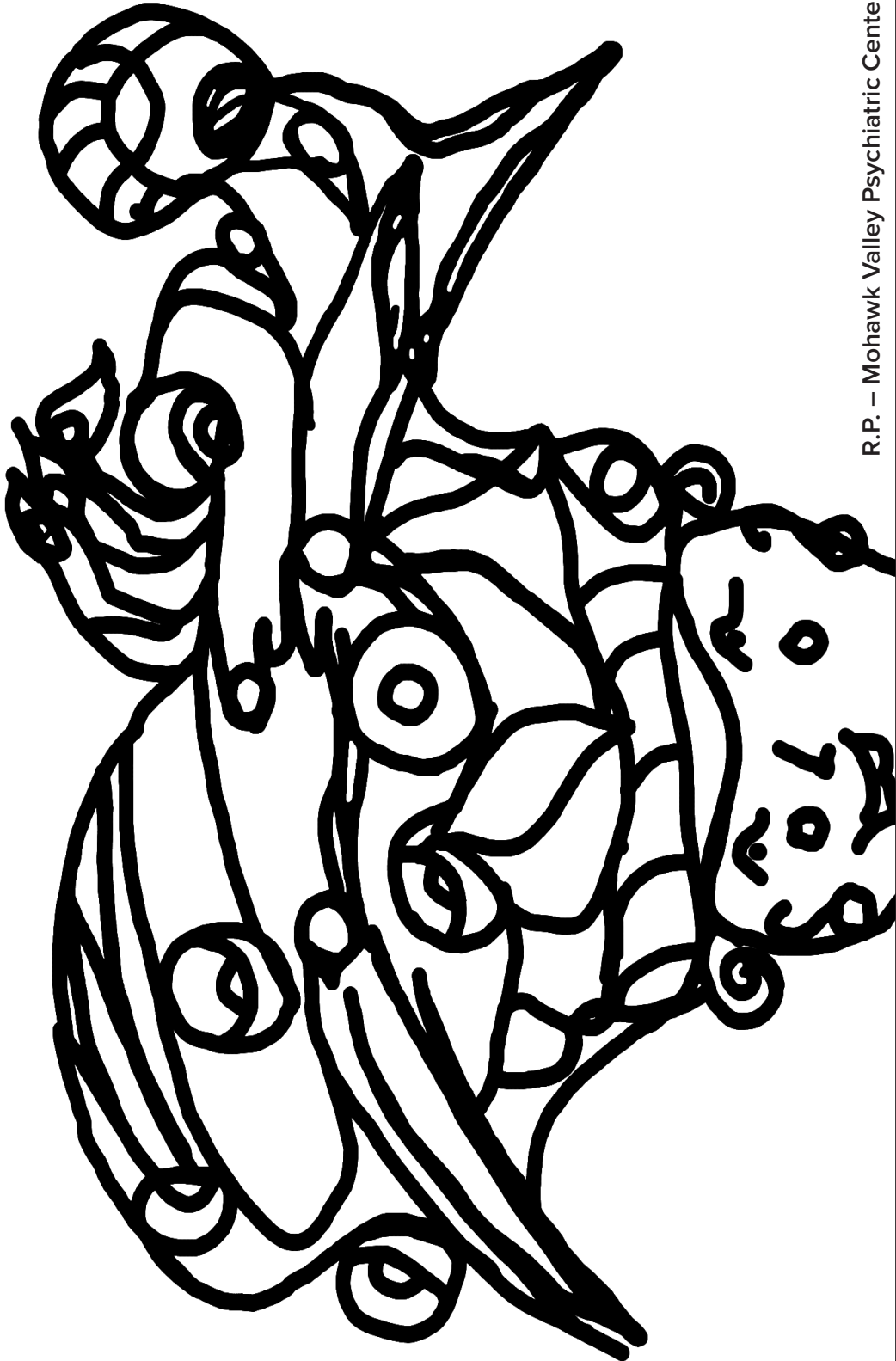
Madison's

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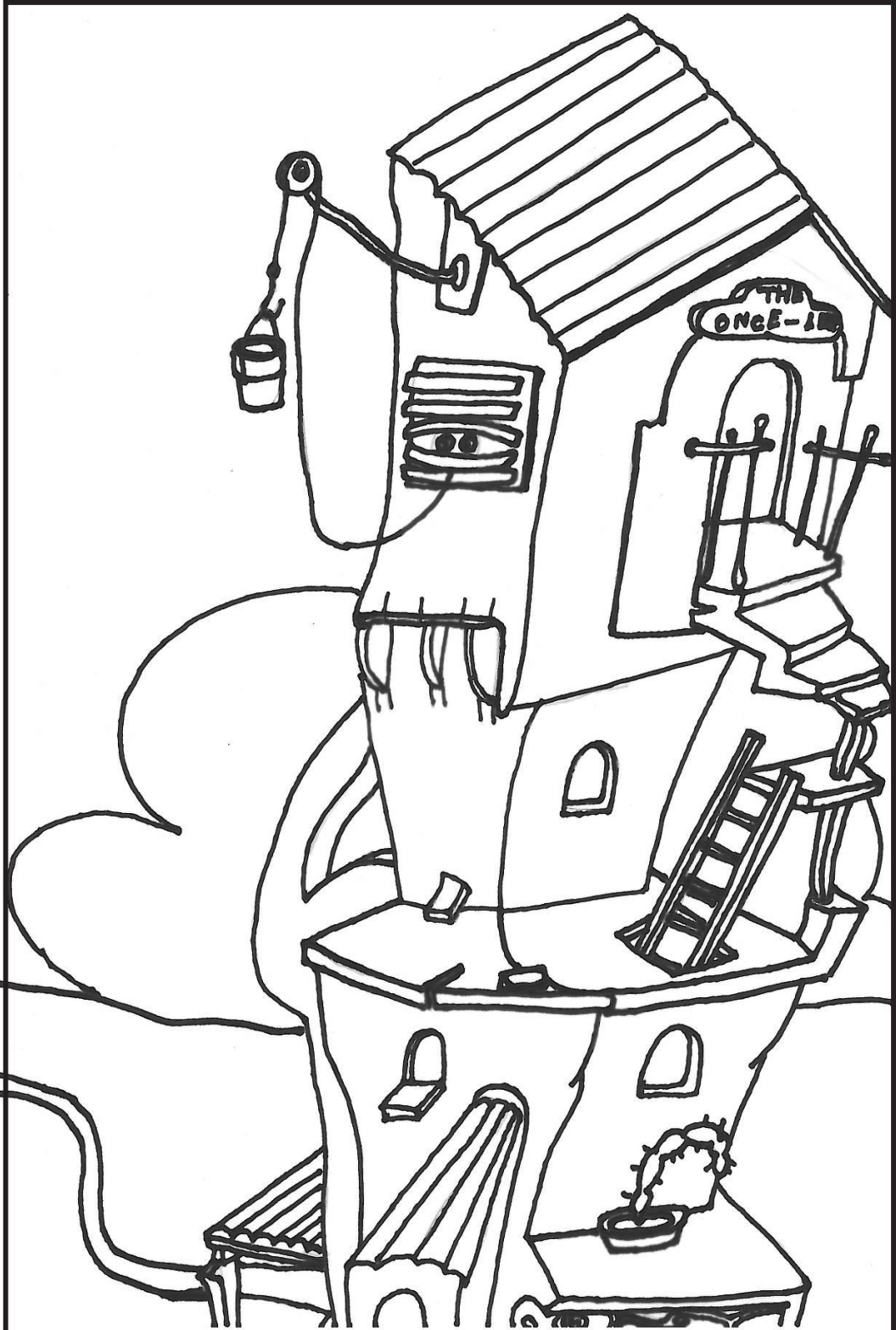


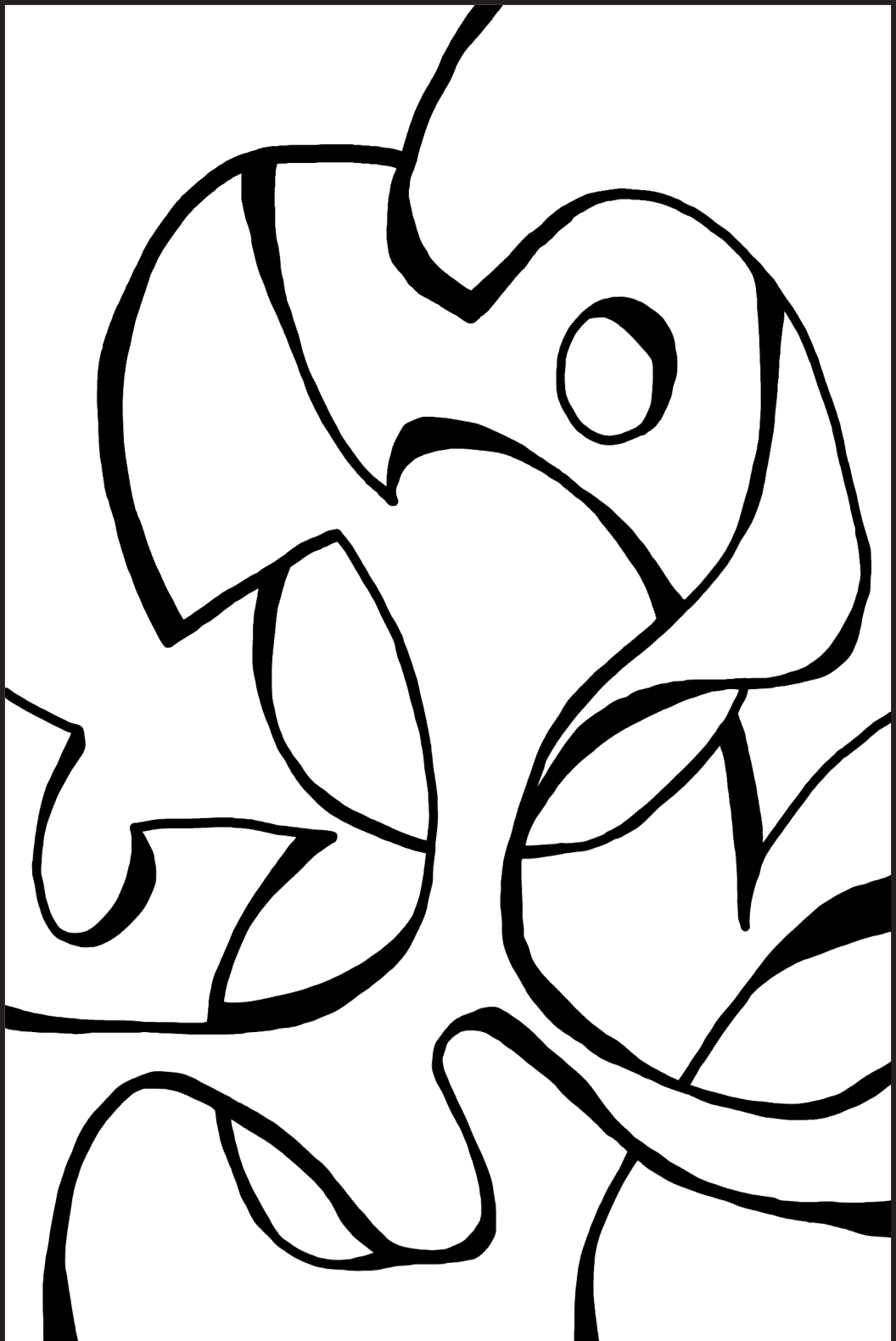


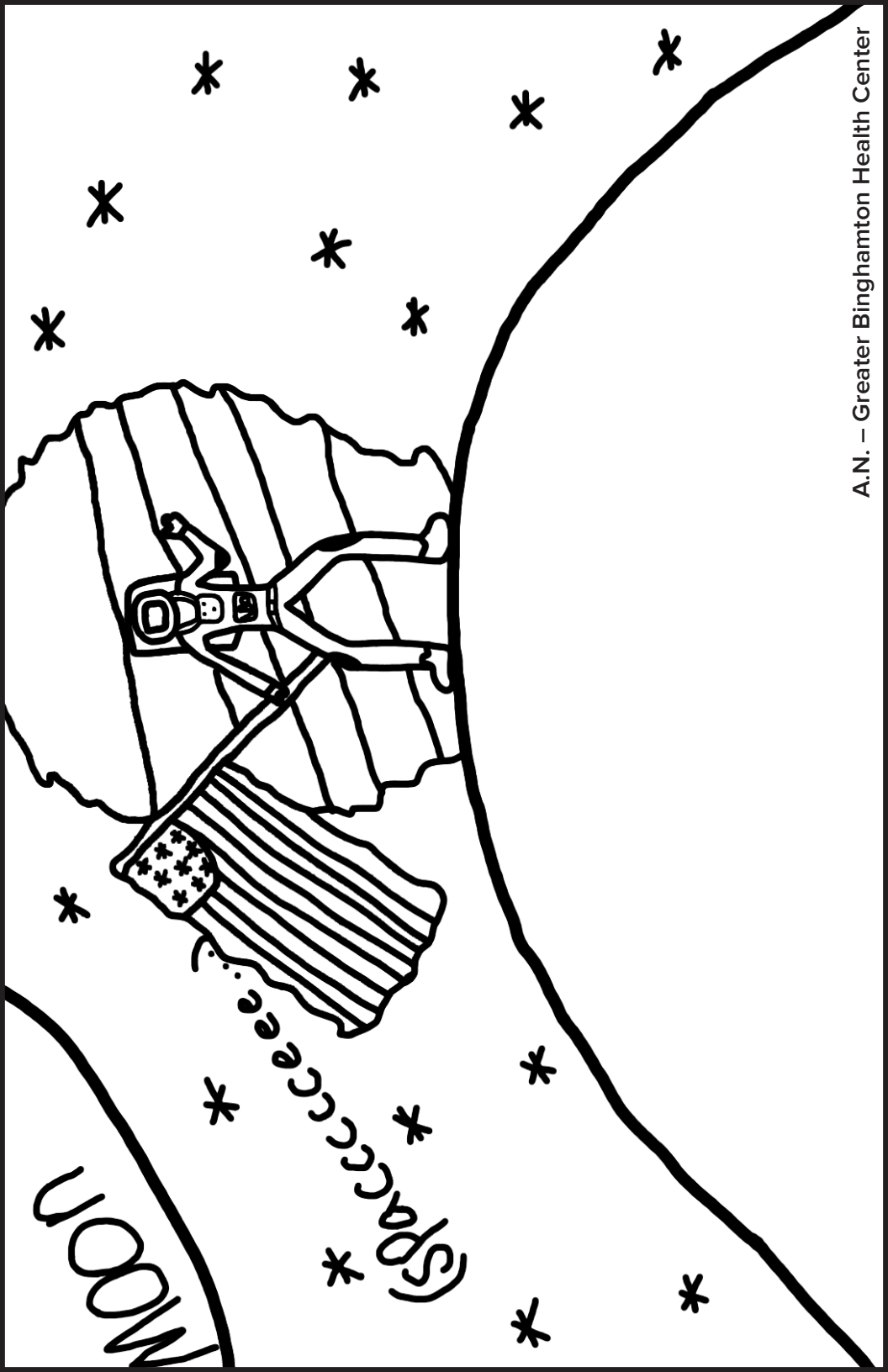


Stay Calm...



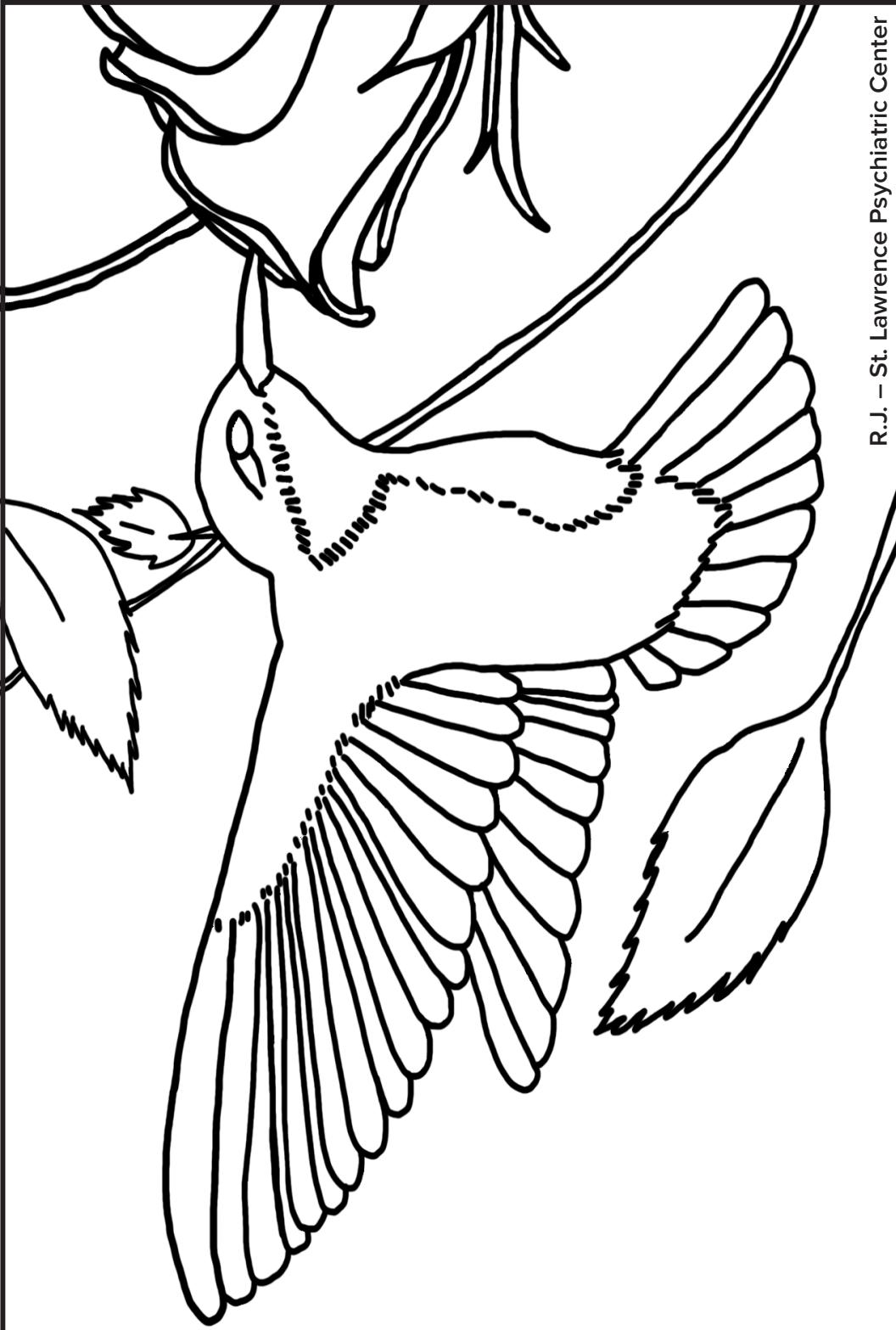


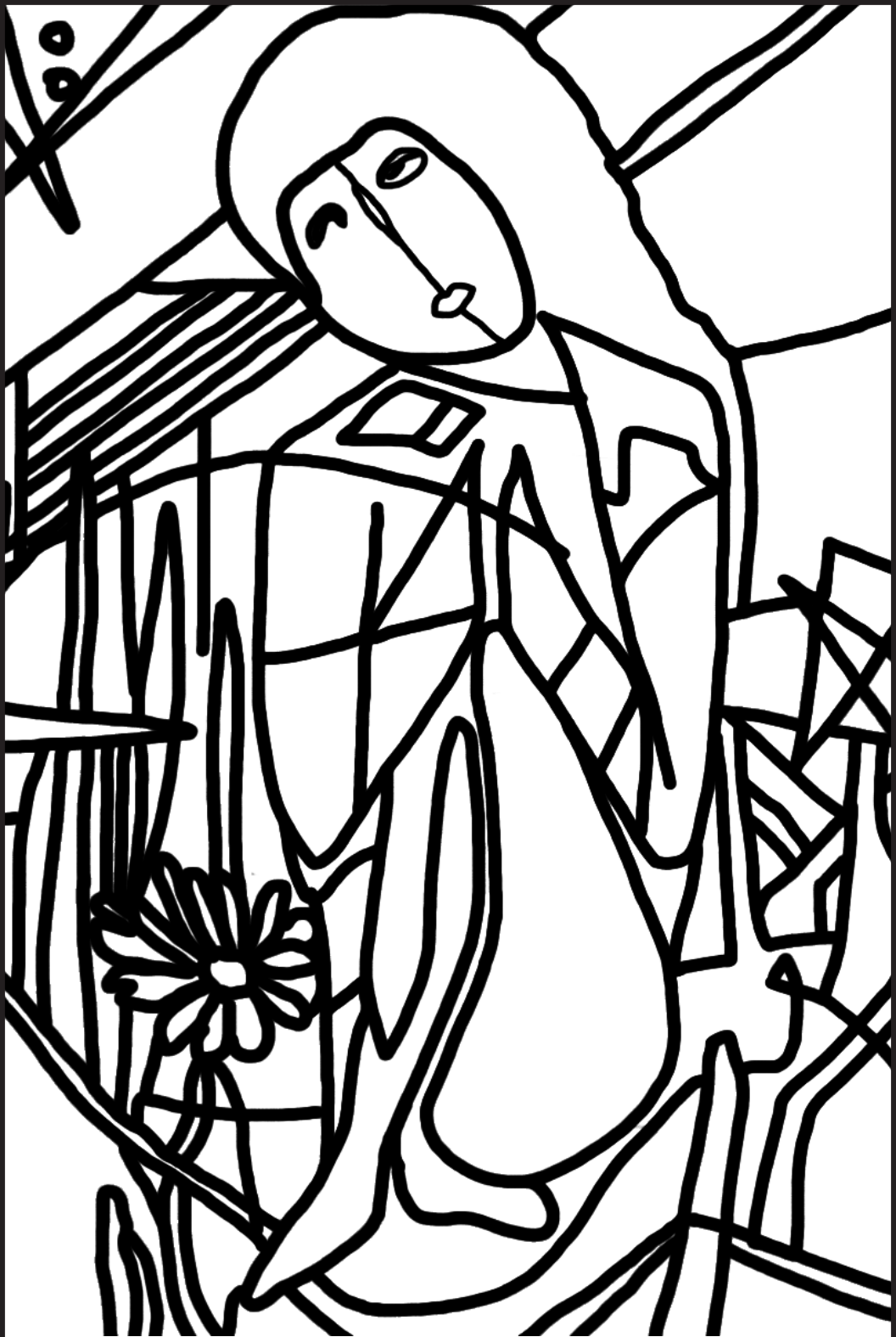


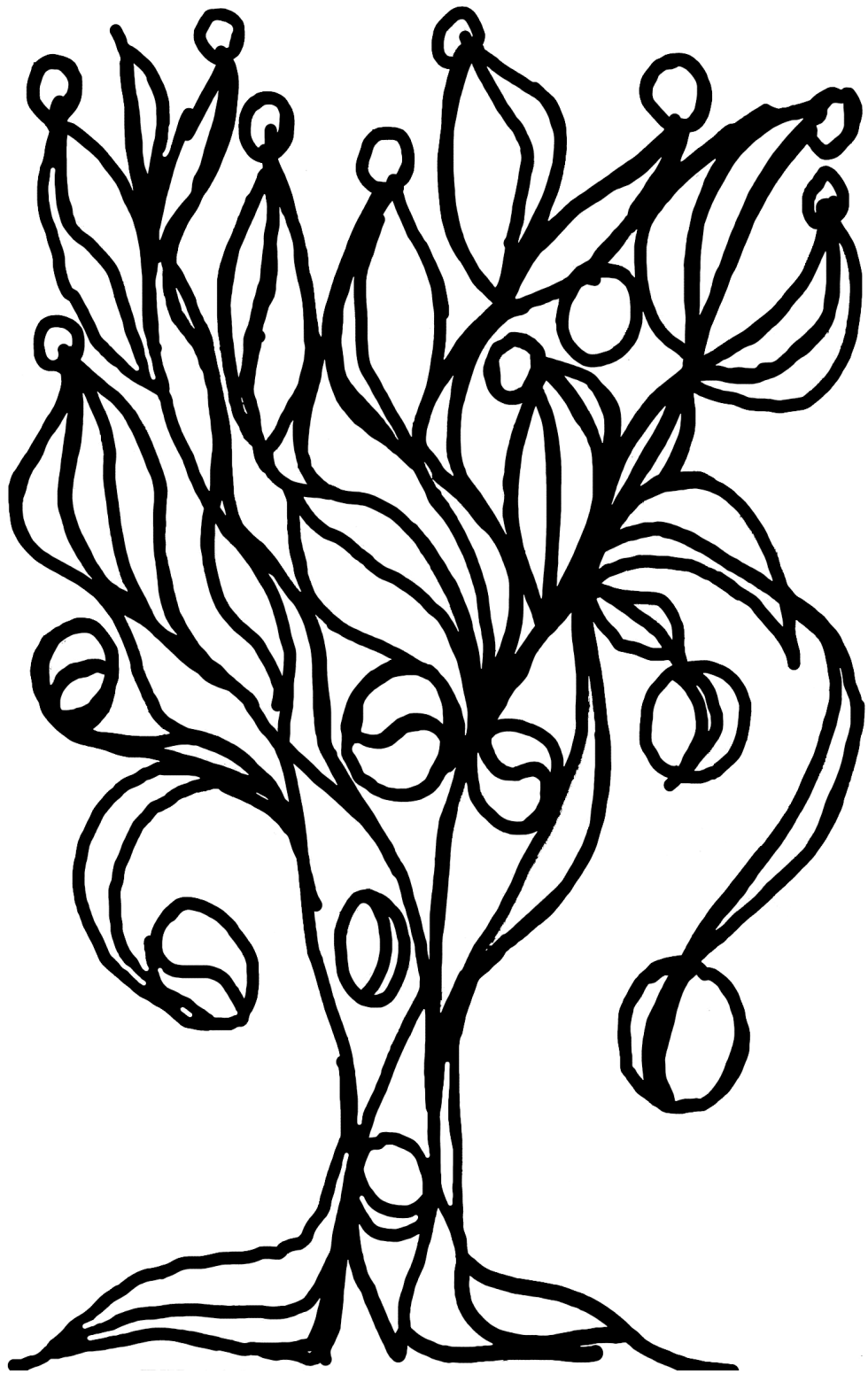


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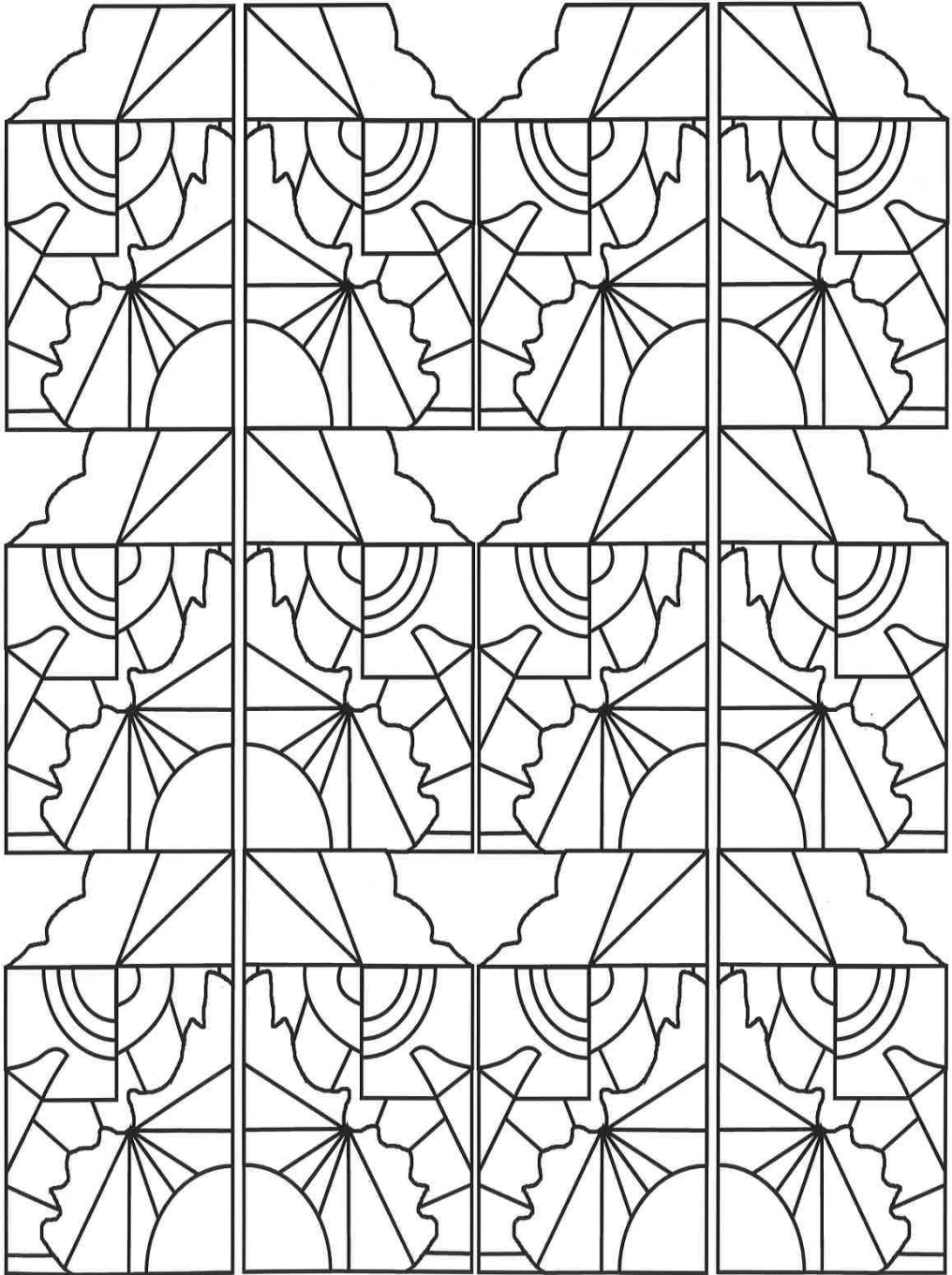
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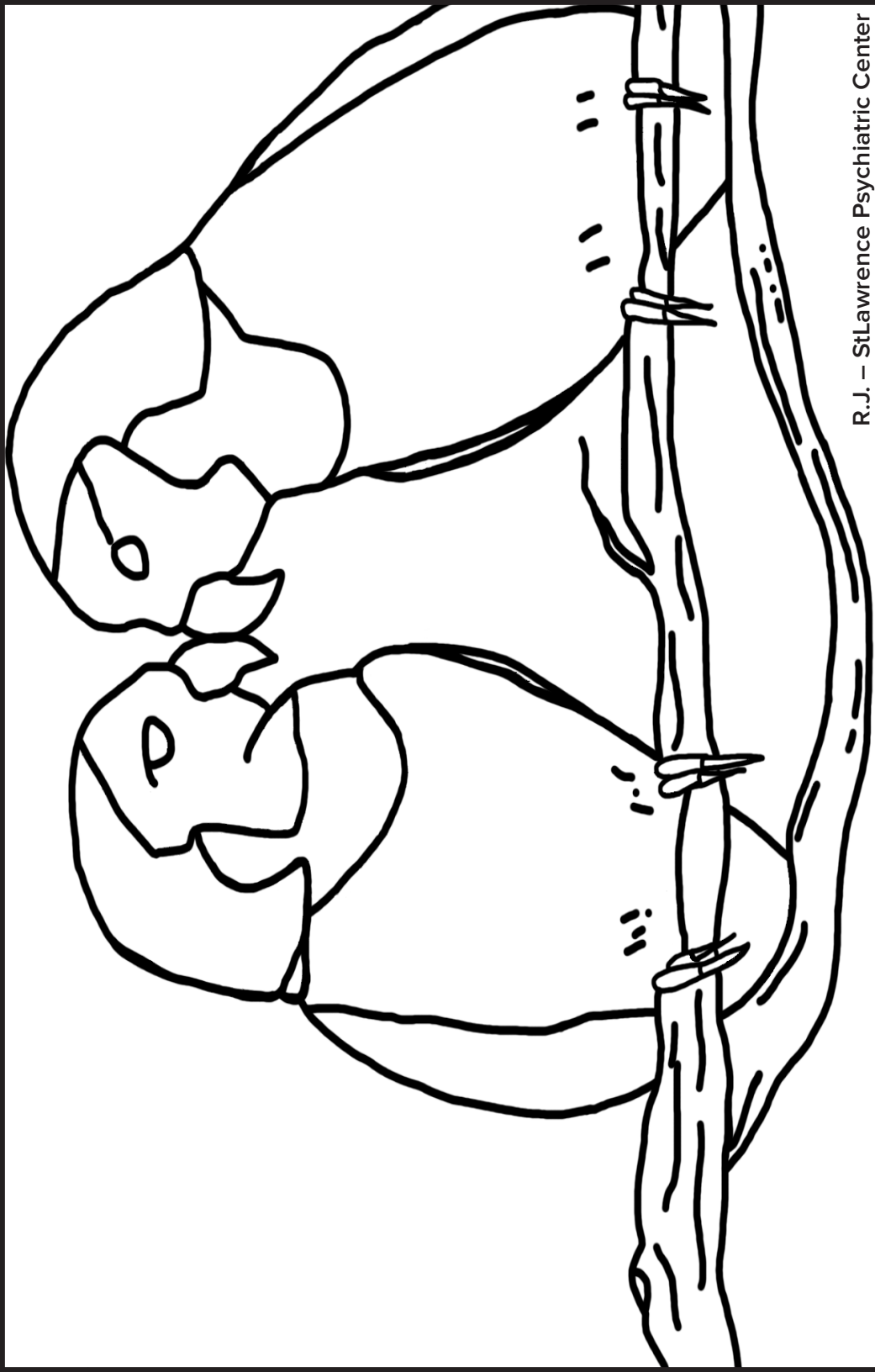


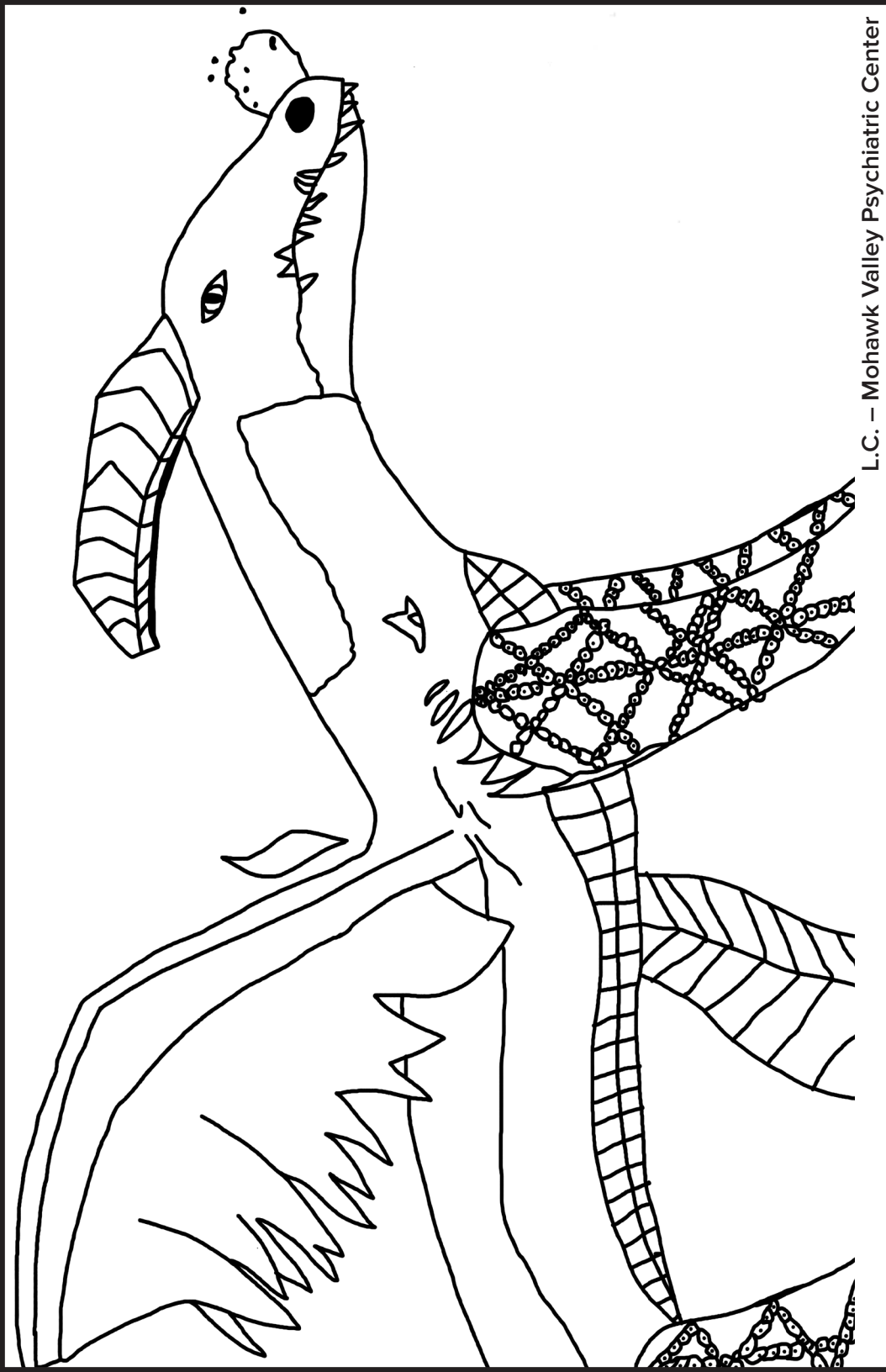


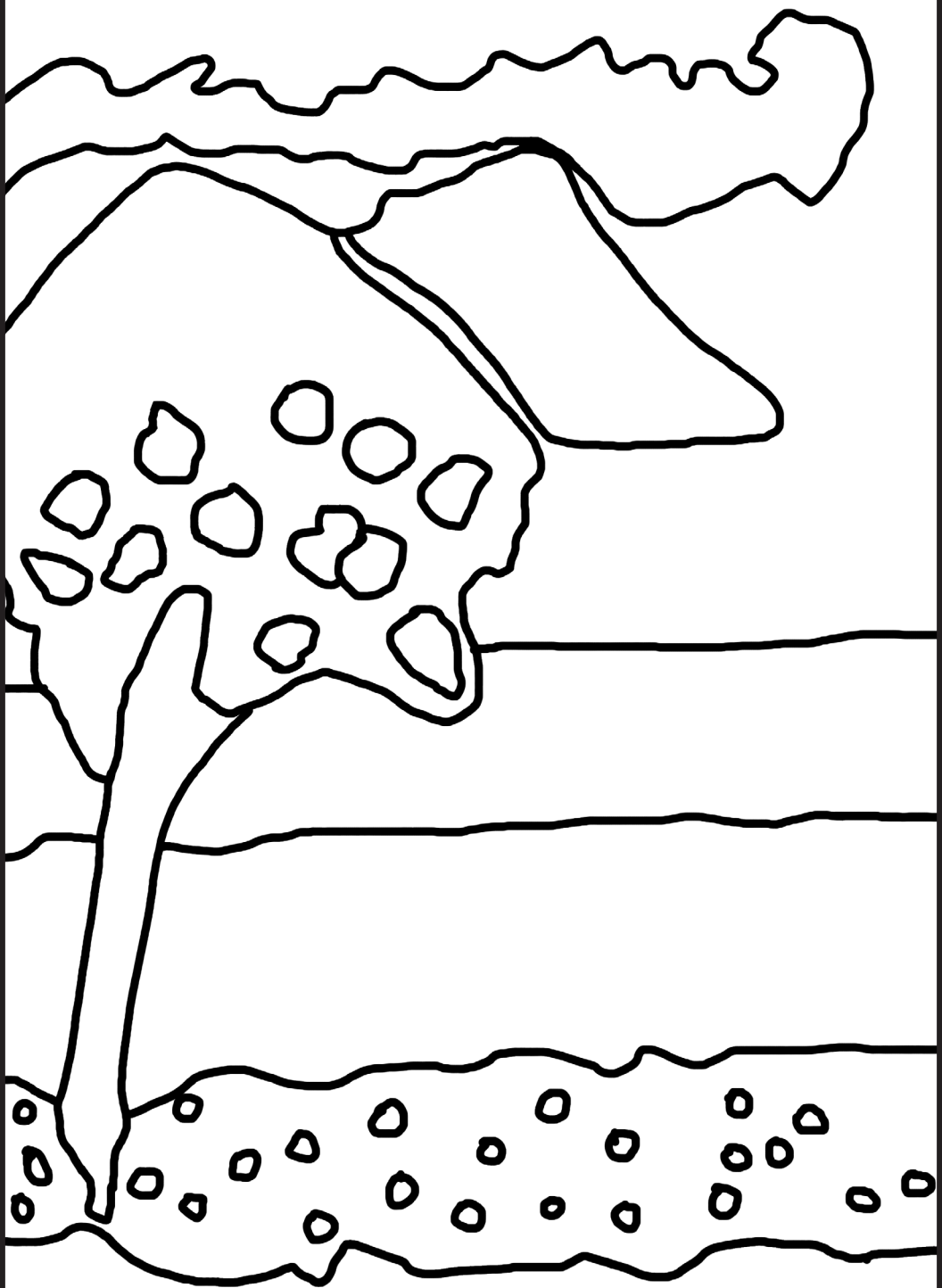












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