COLOR ME HOPEFUL

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
I.J. – Mohawk Valley Psychiatric Center
Need Help? Call OMH.

OMH Statewide Customer Service ................. (800) 597-8481
Central New York Field Office .................... (315) 426-3930
Hudson River Field Office ......................... (845) 454-8229
Long Island Field Office ...........................(631) 761-2508
New York City Field Office ......................... (212) 330-1650
Western New York Field Office ..................... (716) 533-4075

Suicide Prevention Lifeline ................. (800) 273-TALK (8255)

Visit OMH online at omh.ny.gov
Like OMH on Facebook at facebook.com/nysomh
Follow OMH on Twitter at twitter.com/nysomh
View OMH’s Flickr at flickr.com/nysomh
Subscribe to OMH’s YouTube Channel at youtube.com/nysomh