



COLOR
ME
HOPEFUL

Hello and Welcome to Color Me Hopeful!

On these pages, you will see some of the amazing artwork created by people who are getting better with the help of the New York State Office of Mental Health.

They have so much incredible talent and so many wonderful things to say through their artwork and we put together this coloring book to share it with you! It will help you see the world through their eyes and appreciate their individualism, creativity, and imagination.

These are copies of actual paintings and drawings, but we've taken the color out so that you can color them in any way you like.

People have been using art for a long time to improve their mental health and express themselves. Creating art helps you to calm down, focus, understand your feelings, and feel better about yourself.

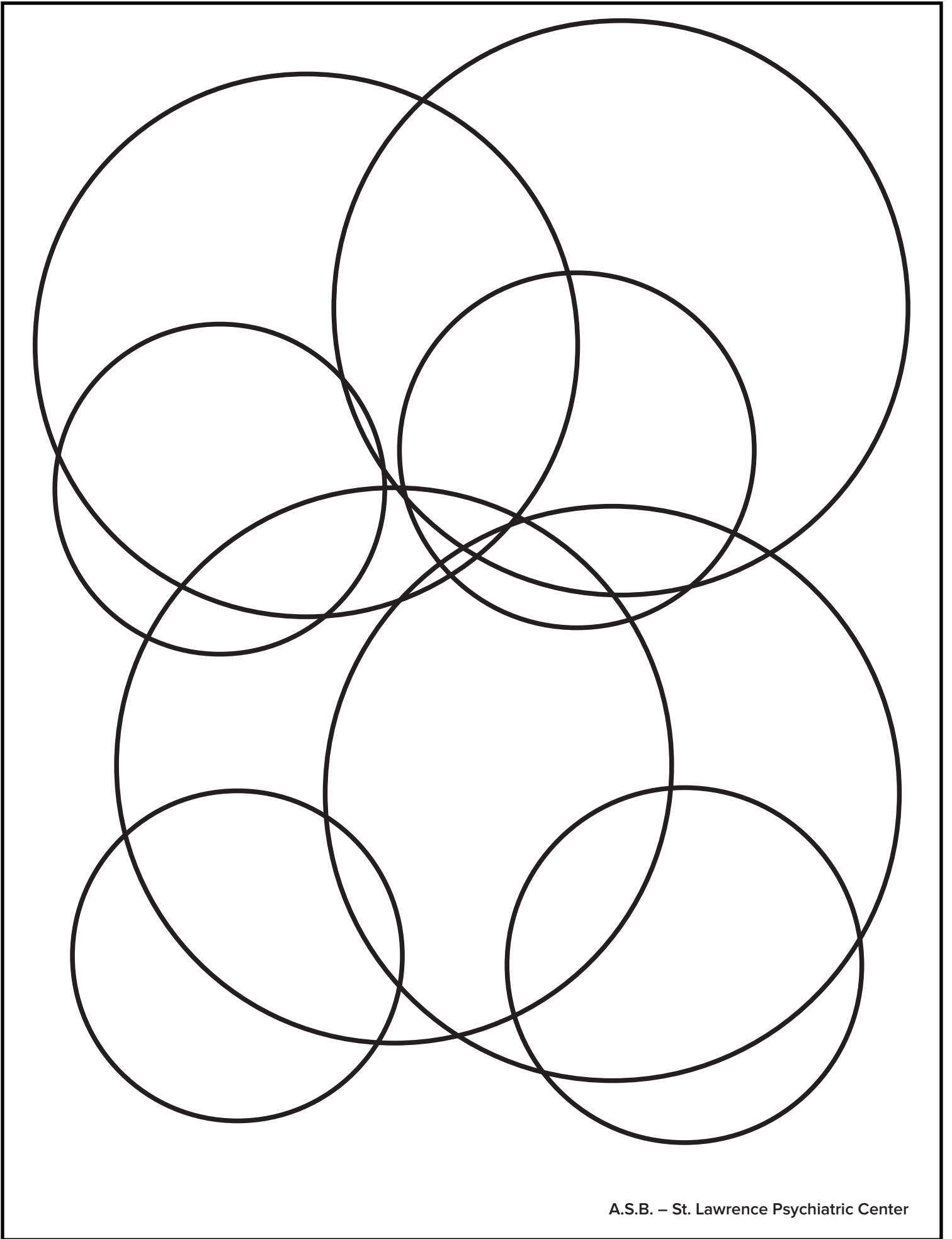
There you have it: Coloring is good for your mental health. It's relaxing. And it's fun. So color away... and don't worry about staying within the lines!

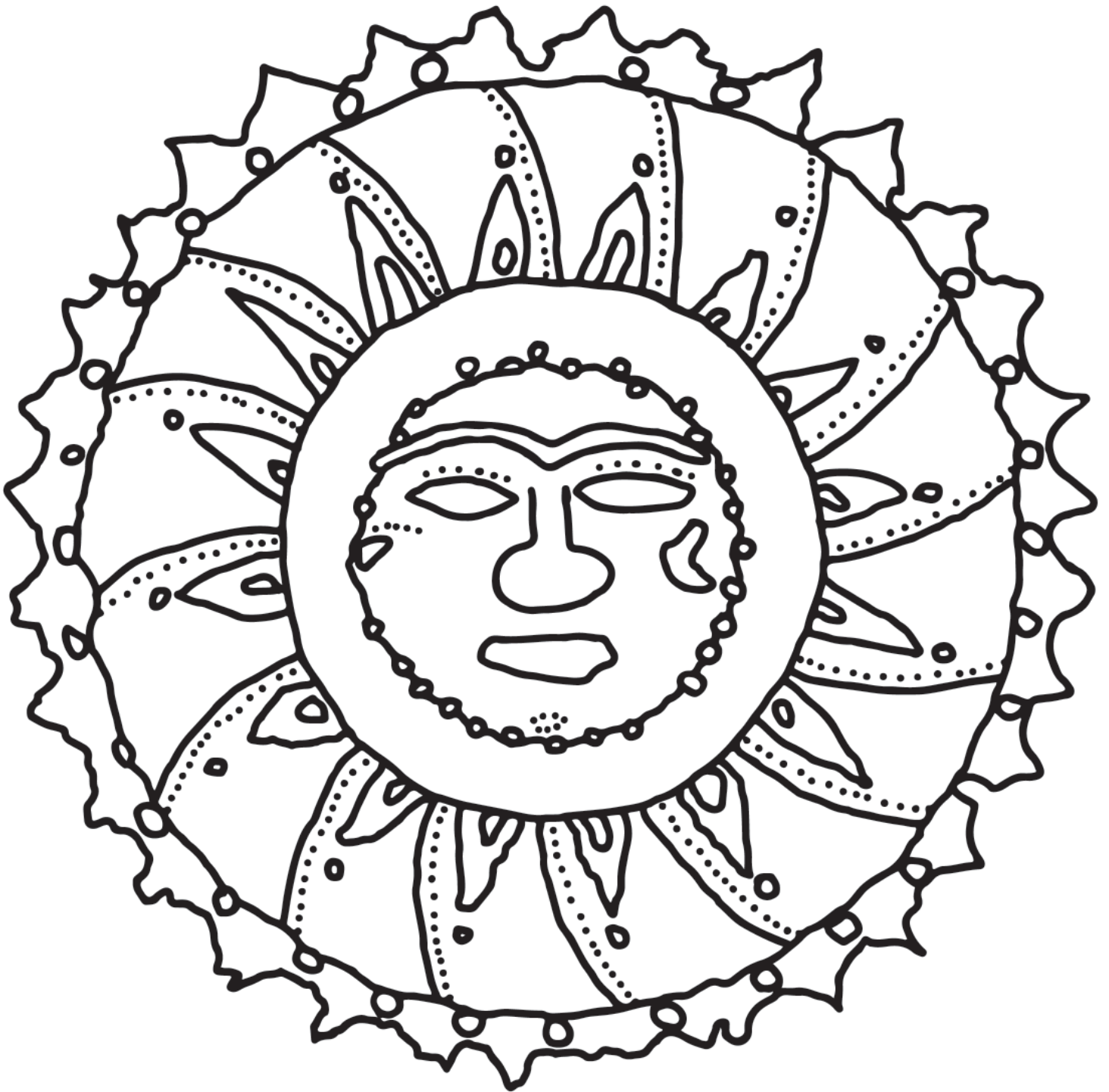
Sincerely,

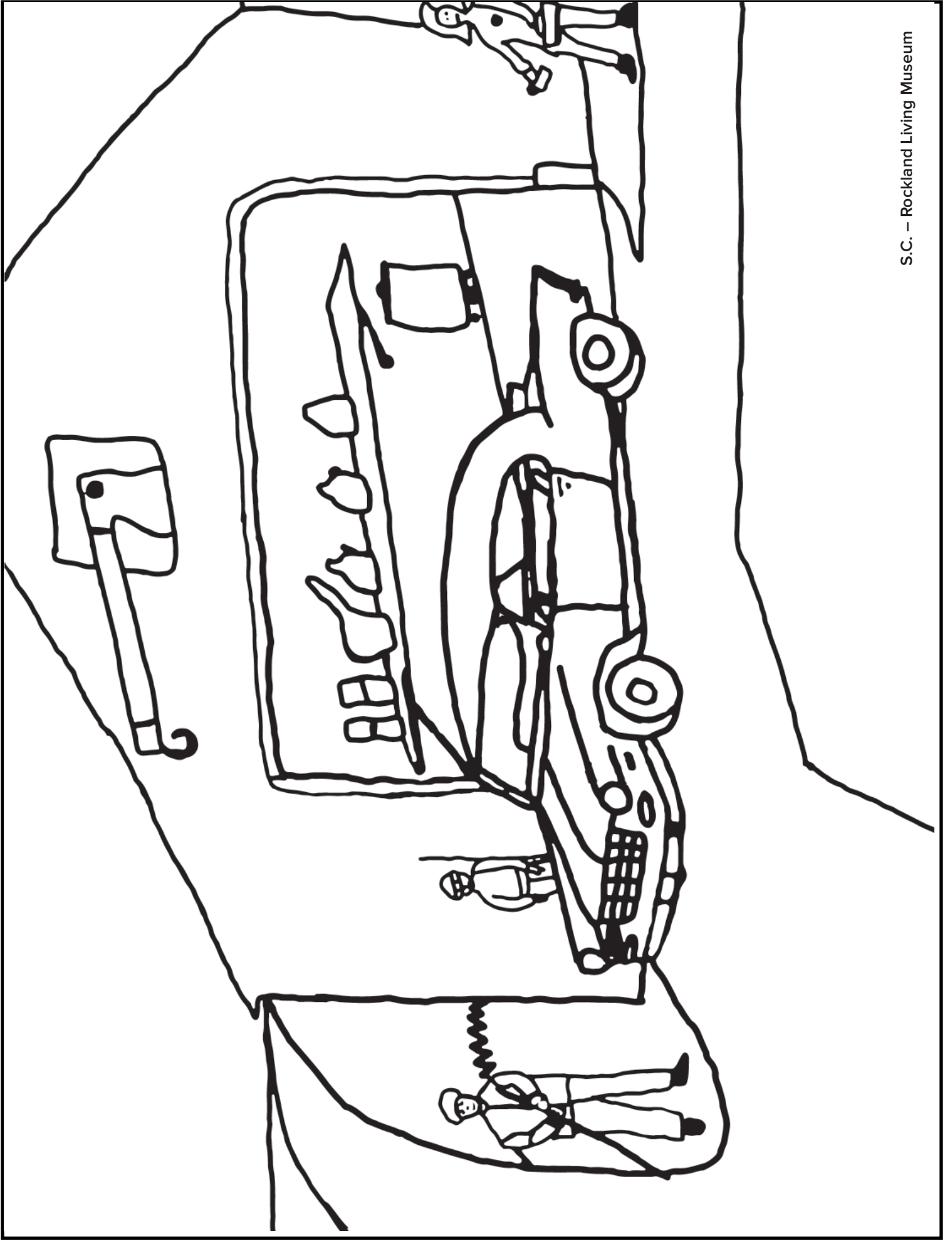
Dr. Ann Sullivan
Commissioner
New York State Office of Mental Health

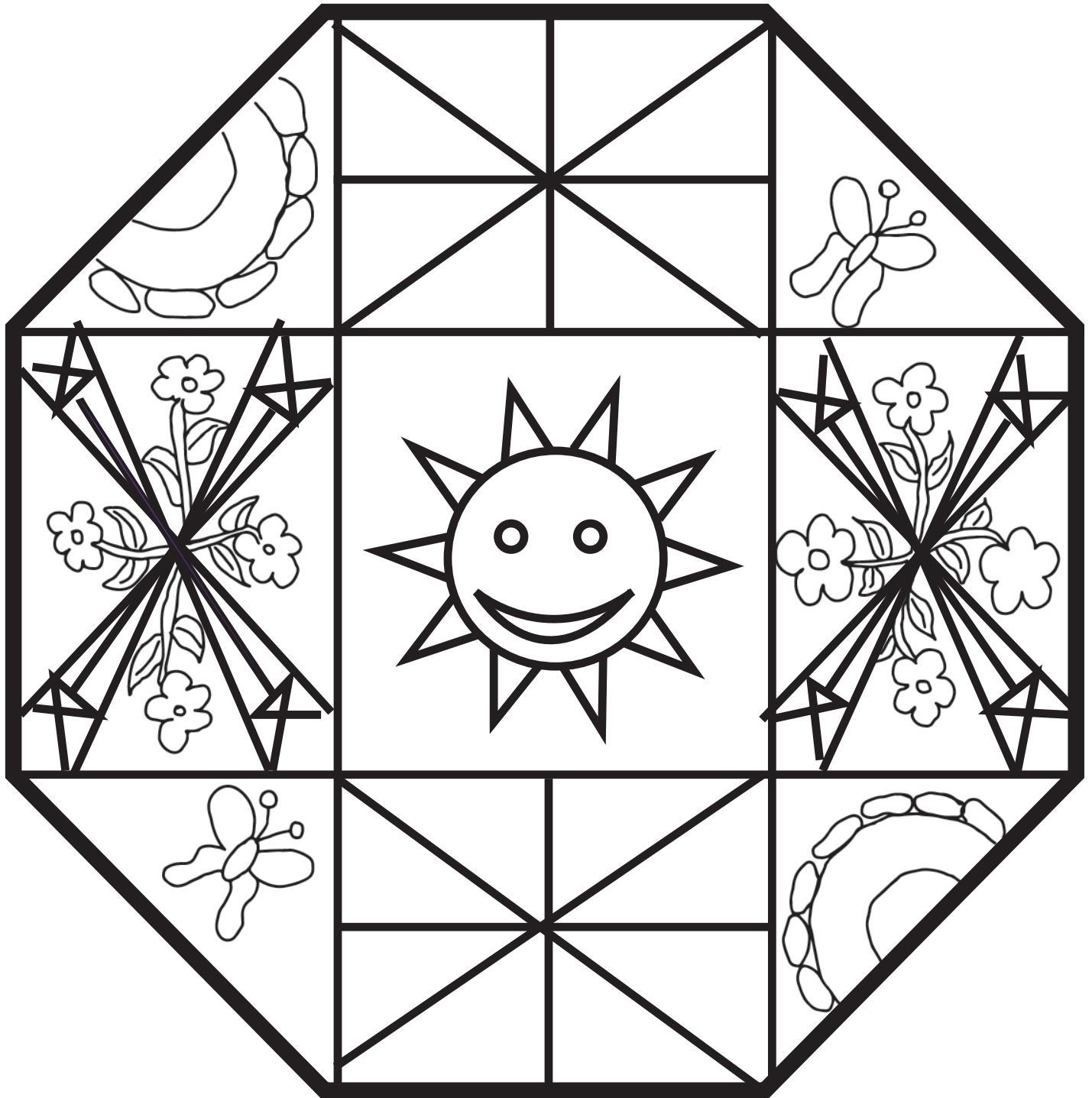


Office of
Mental Health

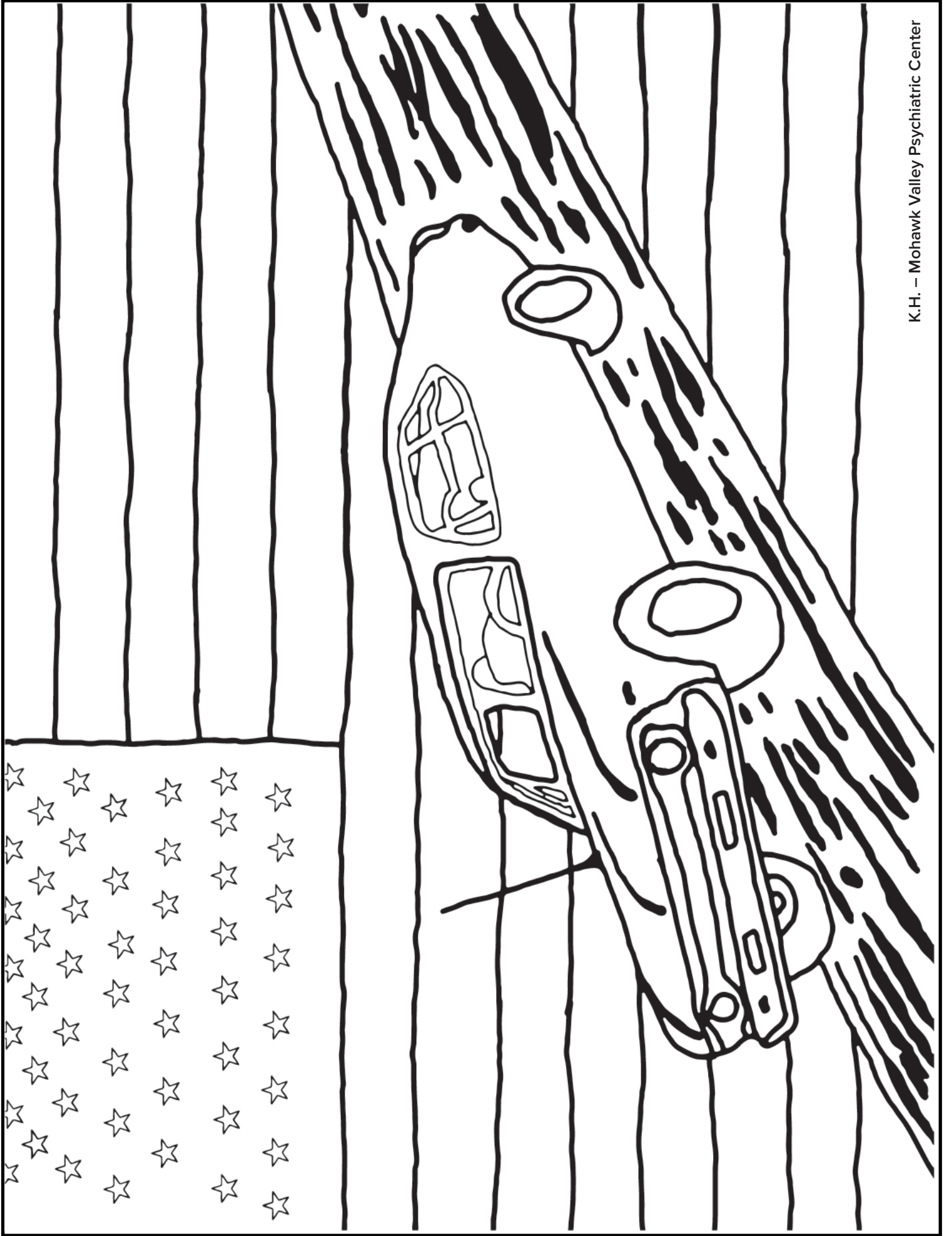


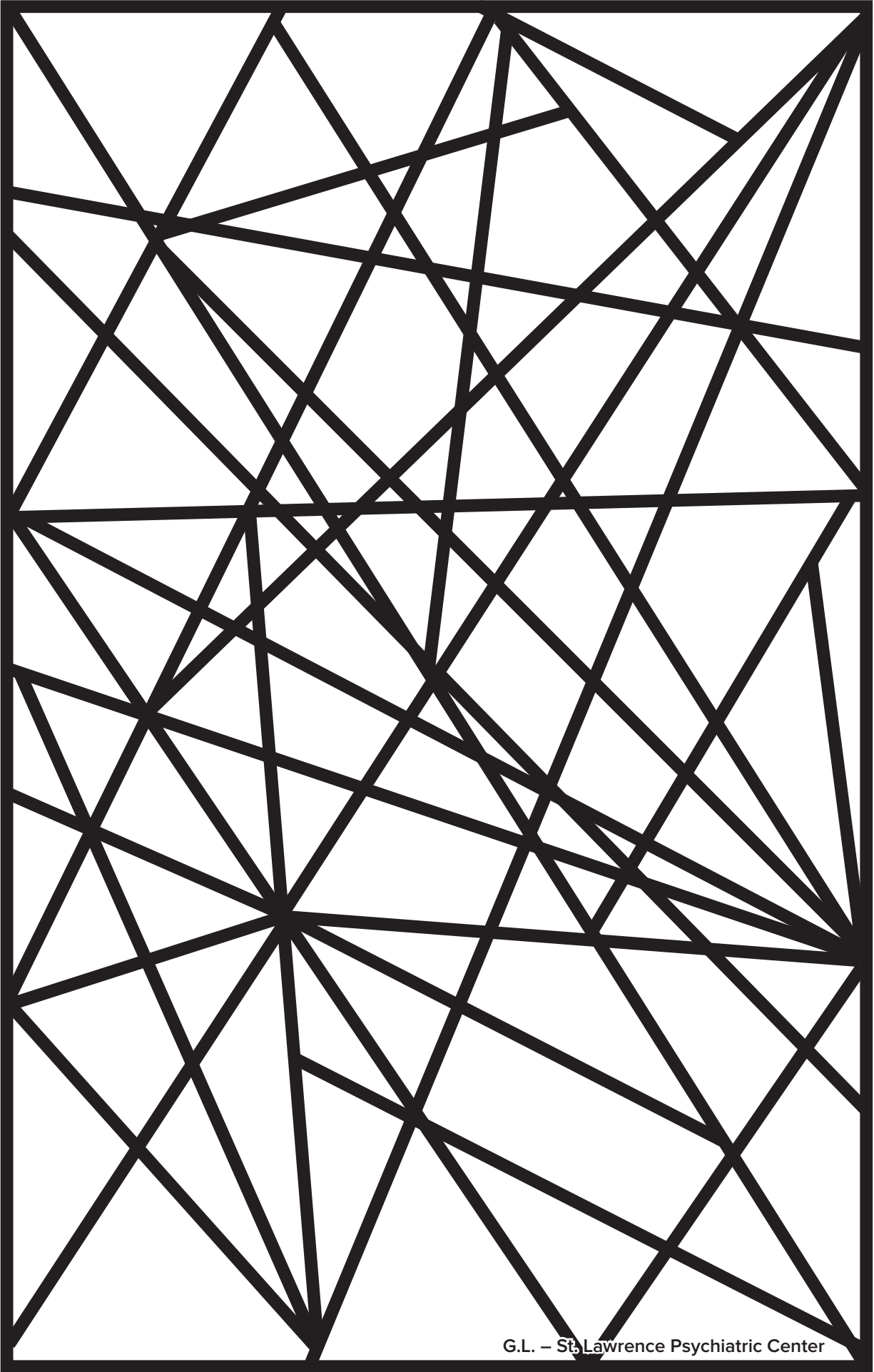


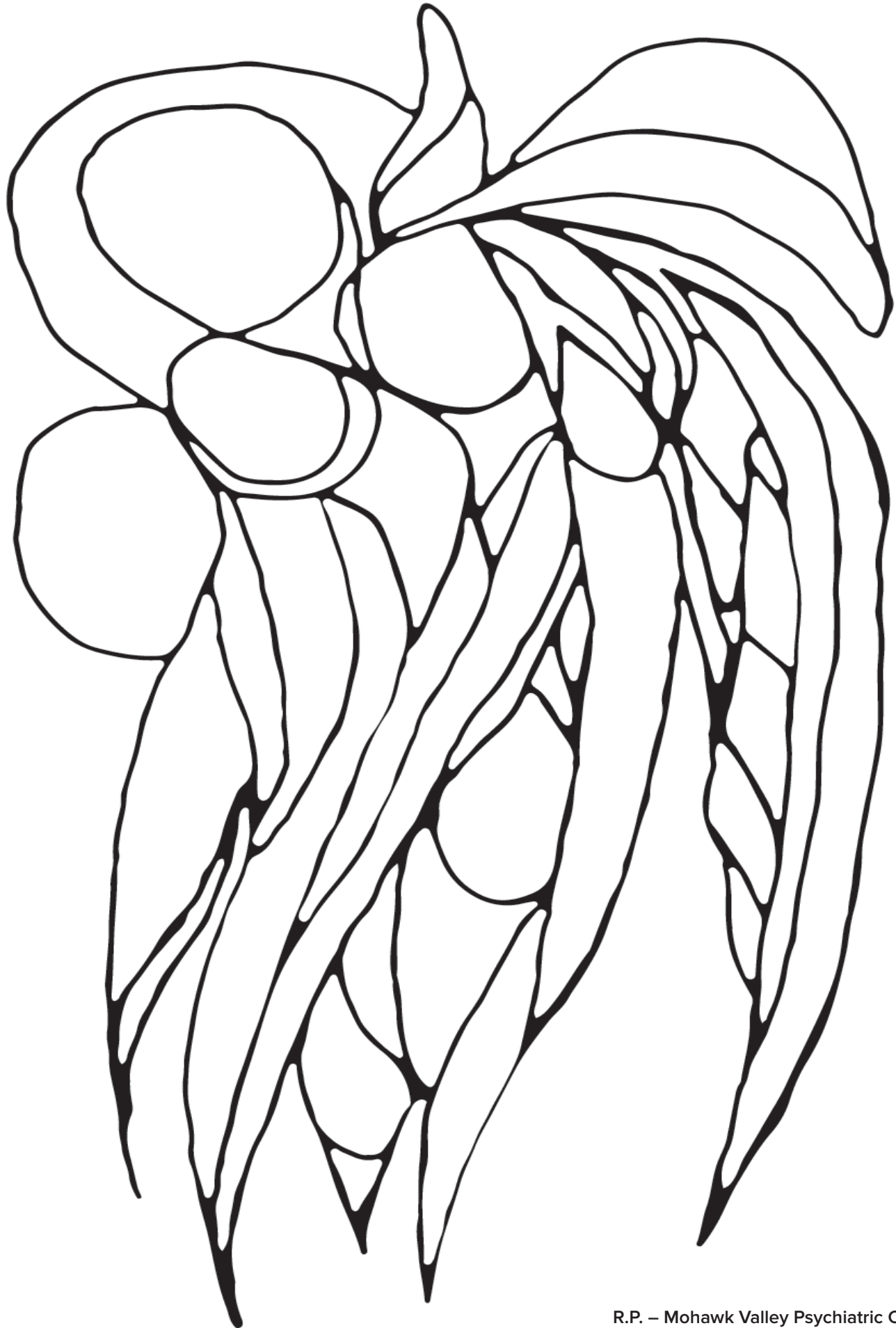








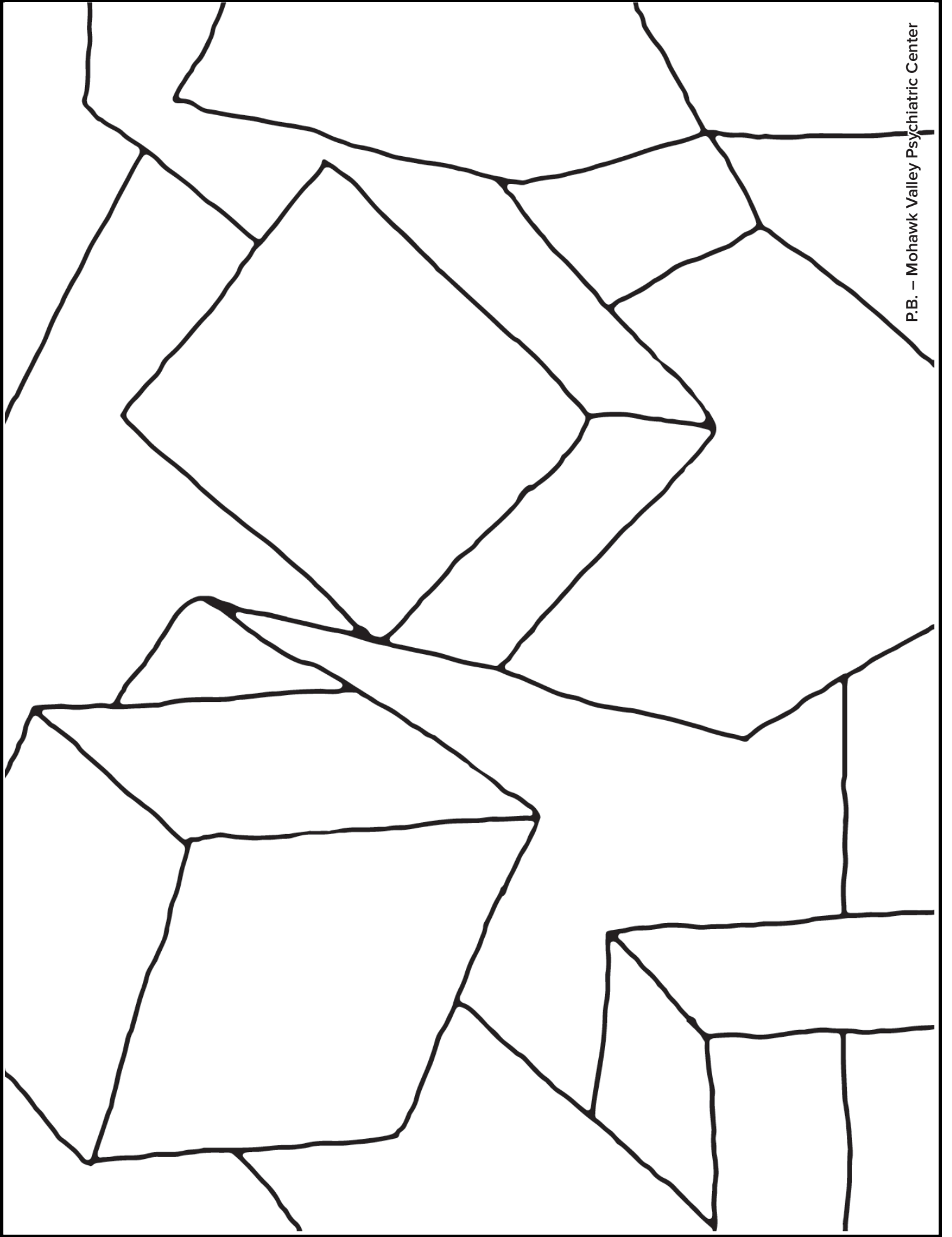


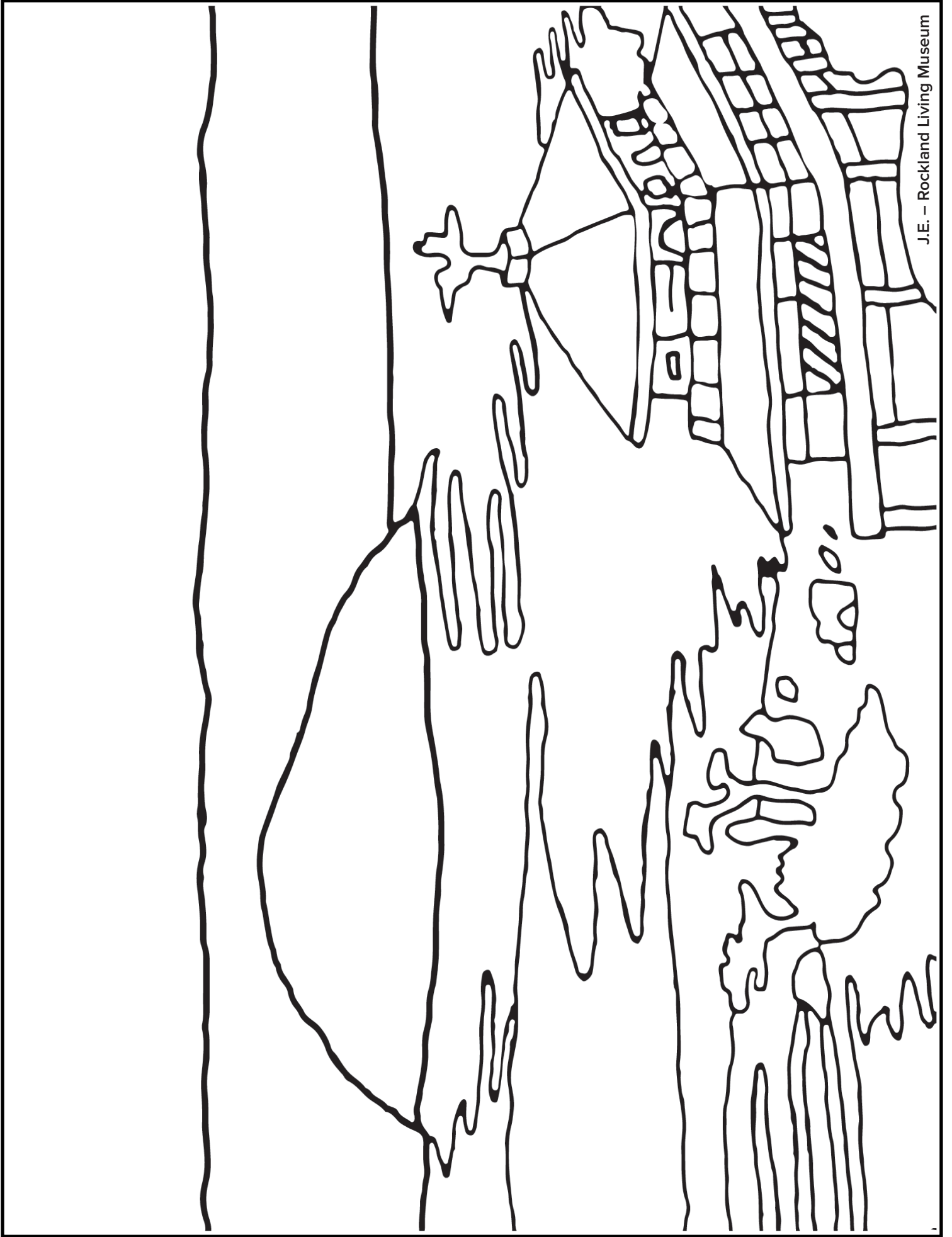


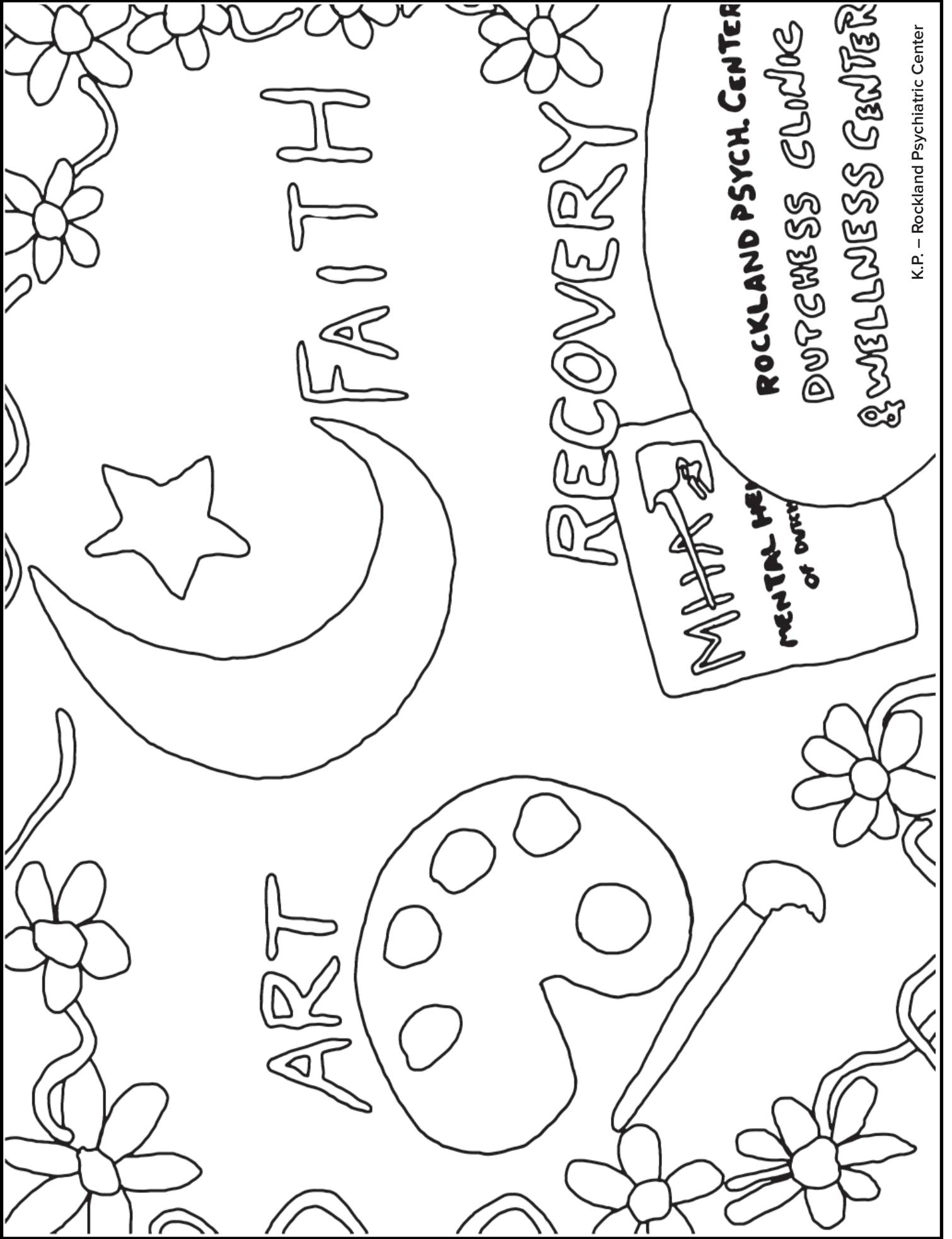












ART

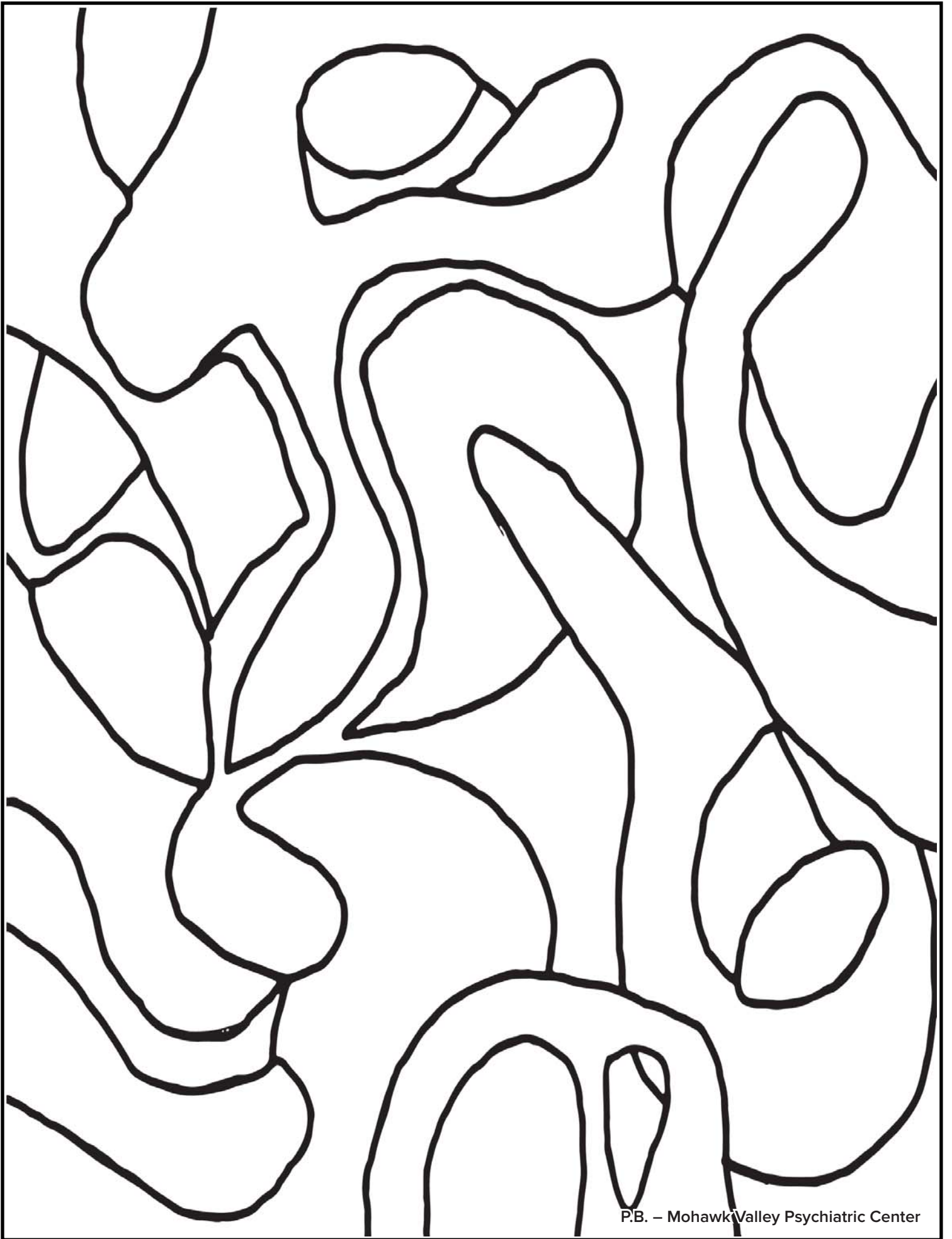
FAITH

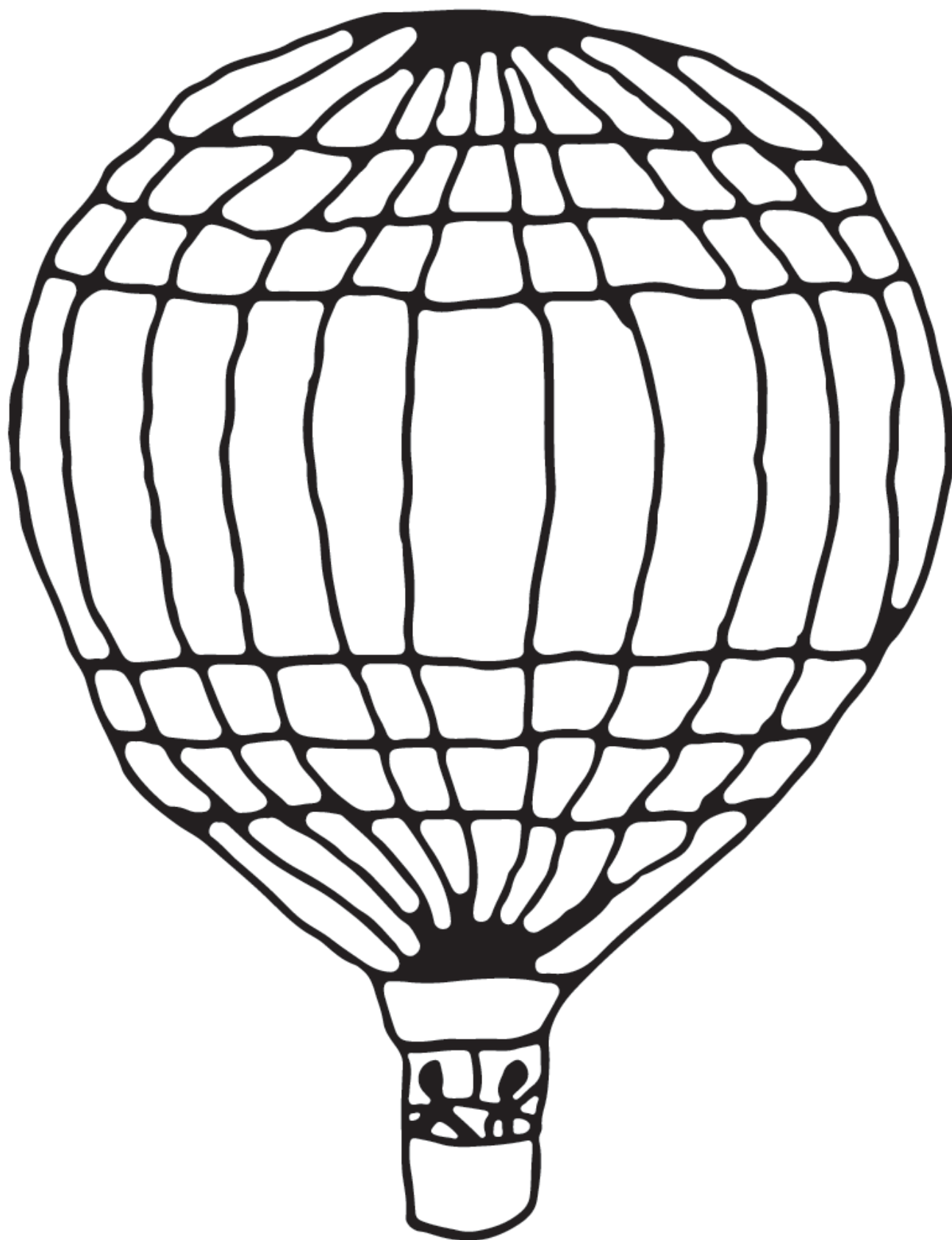
RECOVER

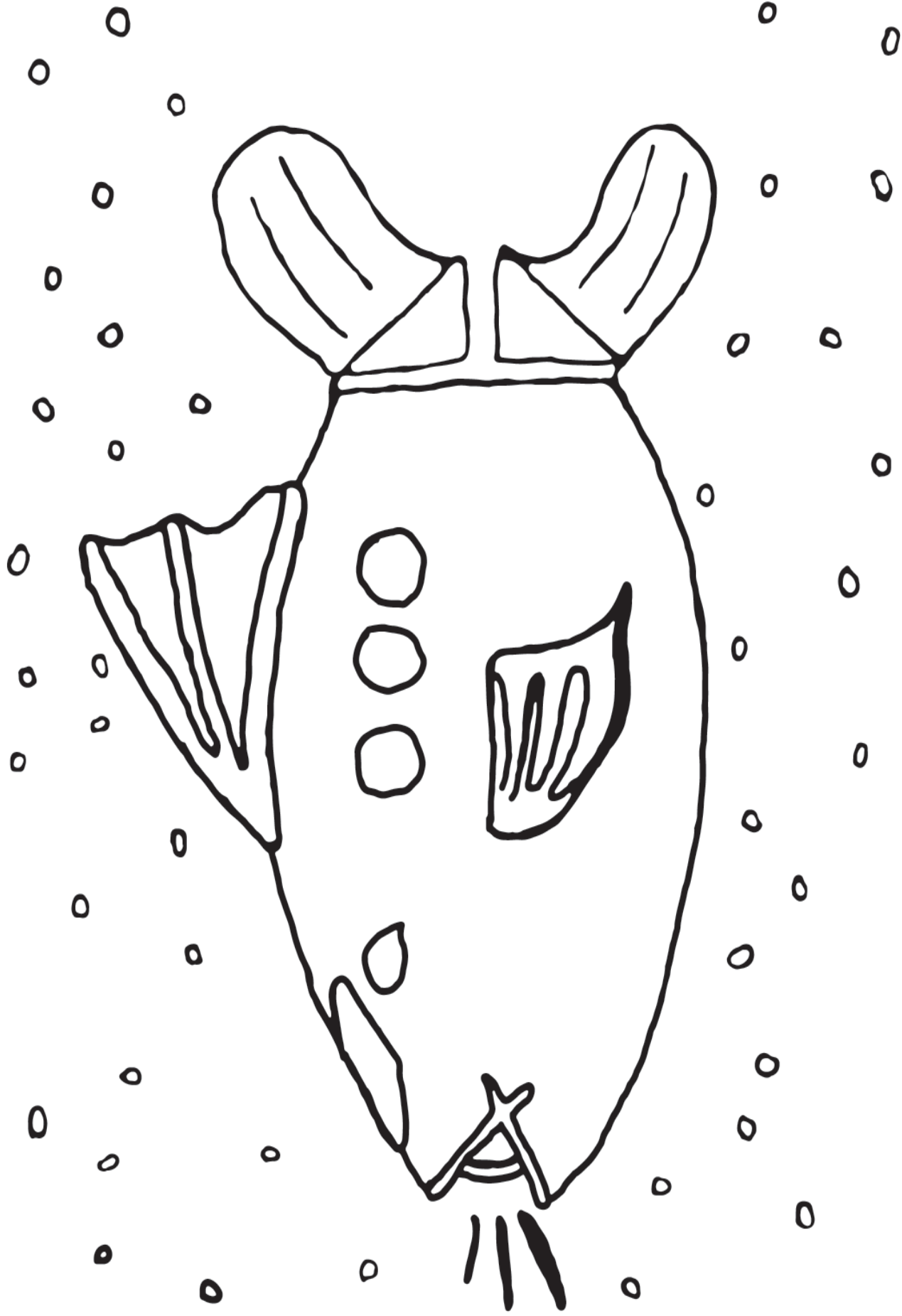
~~MINDS MATTER~~

MENTAL HEALTH
OF DIVERSITY

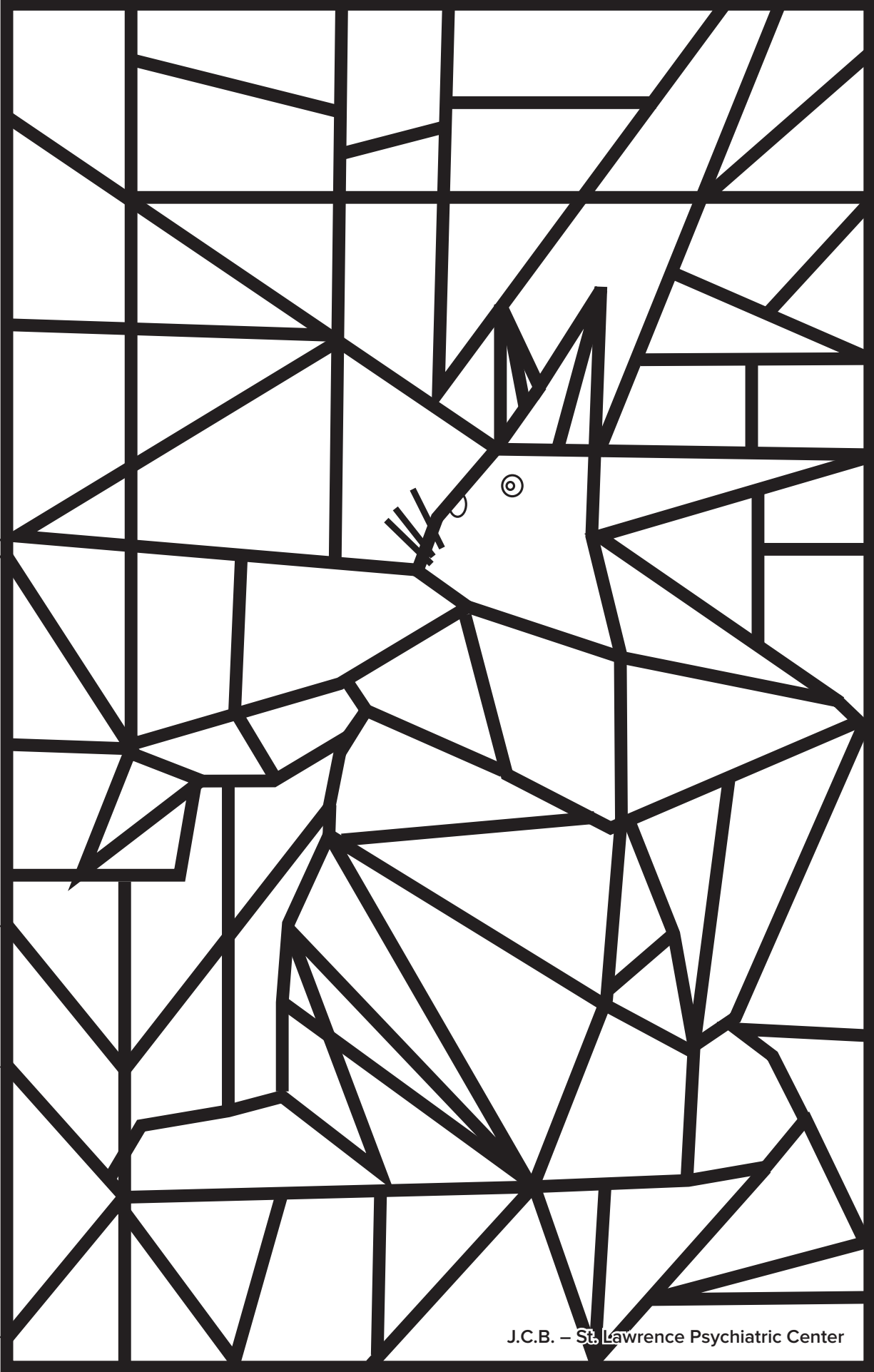
ROCKLAND PSYCH. CENTER
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