RESOLUTIONS

Exercise More
Eat Healthier
Reconnect with old friends
Learn to play an instrument
Travel abroad
Make my mental health a priority

This New Year, think beyond physical wellness
by making mental health a part of your resolutions

If you need help or someone to talk to,
call your doctor, 1-888-NYC-WELL,
or text WELL to 65173
MAKE YOUR MENTAL HEALTH A PRIORITY THIS NEW YEAR

Talk to your doctor if you're feeling:

Sad    Lonely    Tense
Frustrated    Depressed    Anxious

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