



RESOLUTIONS

Exercise More

Eat Healthier

Reconnect with old friends

Learn to play an instrument

Travel abroad

Make my mental health
a priority

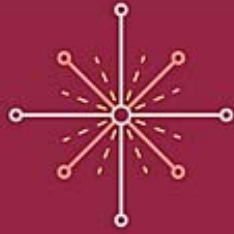
This New Year, think beyond physical wellness
by making mental health a part of your resolutions



If you need help or someone to talk to,
call your doctor, 1-888-NYC-WELL,
or text WELL to 65173



Staten Island
Performing Provider System



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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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