



Feeling Blue?

You're not alone. Many people report feeling
anxious and depressed during the holidays.

During the holiday season, it's common to feel:

Tired Lonely Tense



Frustrated

Sad



If you need help or someone
to talk to, call your doctor or
1-888-NYC-WELL, Open 24/7.
You can also text WELL to 65173.



Staten Island
Performing Provider System

