

OMH – Be Well Scripts for Casting

November 2024

ENGLISH SCRIPT 1

“Be Well” Radio Script: General Audience (:30)	
iHeart Media	
	It’s hard for most people to fit wellness into their daily lives.
	But Be Well is helping me find my wellness, my way.
	Now, I set aside time to remember what I’m grateful for.
	Today, it’s my dog – the sunshine – and the Be Well tips that actually work for me.
	Start where you are.
	Get wellness tips at “Be Well dot n-y dot gov.”
	A message from the New York State Office of Mental Health.

ENGLISH SCRIPT 2

“Be Well” Radio Script: Young Adults (:30)	
Spotify	
	What’s song puts you in a good mood? Turn it up!
	Connecting with music is just one way to calm yourself when things feel overwhelming.
	You can shape your own wellness – just start where you are.
	Find more tips and learn to manage your stress at “Be Well dot n-y dot gov.”
	A message from the New York State Office of Mental Health.

SAMPLE SPANISH READS (3 LINES)

¿QUÉ TE MOTIVA? BUSCA UN PROPÓSITO Y ENFÓCATE EN ELLO EN MOMENTOS DIFÍCILES.

¿AGRADECES ALGO EN TU VIDA (COMO TENER UN AMIGO PELUDO)? AGRADECE Y SIÉNTETE BIEN.

¿CUÁL ES TU CANCIÓN FAVORITA? CONÉCTATE CON LA MÚSICA PARA RELAJARTE.