



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE
Ashwin Vasana, MD, PhD
Commissioner

Dear Fellow New Yorker,

October 2023

The New York City Health Department (NYC Health Department) is conducting surveys to learn more about households with children. The NYC Health Department is concerned about the ongoing mental health crisis, especially among youth in our city. We are looking for parents and caregivers interested in telling us about their own, and their children's, mental health and wellbeing. We value your privacy and will not sell or distribute personal information about you or your children.

To see if you are eligible to participate in this confidential survey, follow two easy steps:

- 1) Identify the parent who should complete the survey:** Choose the adult (age 18 or older) in your household who will have the next birthday and is the parent or caregiver of a child ages birth to 17 living in their household. If you are not the selected adult, please share this letter with them and have them go to Step 2.
- 2) Choose one of these ways to enter the survey:**
 - a. Go to NYCHealthPanel.com/parent, *or*
 - b. Scan the QR code below, *or*
 - c. Text PARENT to 844-464-0032 to receive a link to the survey on a smartphone, *
or
 - d. Call 888-692-0023 to take the survey over the phone Monday through Friday, from 1 p.m. to 6 p.m., or to make an appointment.

To start the Family Mental Health Survey, enter the unique participant ID in the invitation letter or postcard you received.

As a thank you, you will receive a **gift card of up to \$30** for participating.[†] Your input is greatly appreciated and will help make New York City healthier.

Sincerely,

Ashwin Vasana, MD, PhD
Commissioner
New York City Department of Health and Mental Hygiene



For more information about the Family Mental Health Survey, visit nyc.gov/health/NYCHealthPanel or contact us at NYCHealthPanel@health.nyc.gov or 888-692-0023.

*Standard text message and data rates may apply.

[†] Gift cards will be sent in four to six weeks.