

from: Generation Fine <noreply@e.janssen.com>
to: Name <email address>

8:58 AM (10 minutes ago) ☆ ☺ ↶ ⋮

Variable Subject Lines

- **How are you doing, really?**
- **Your new self-reflection exercise is now live**

Variable Pre-headers

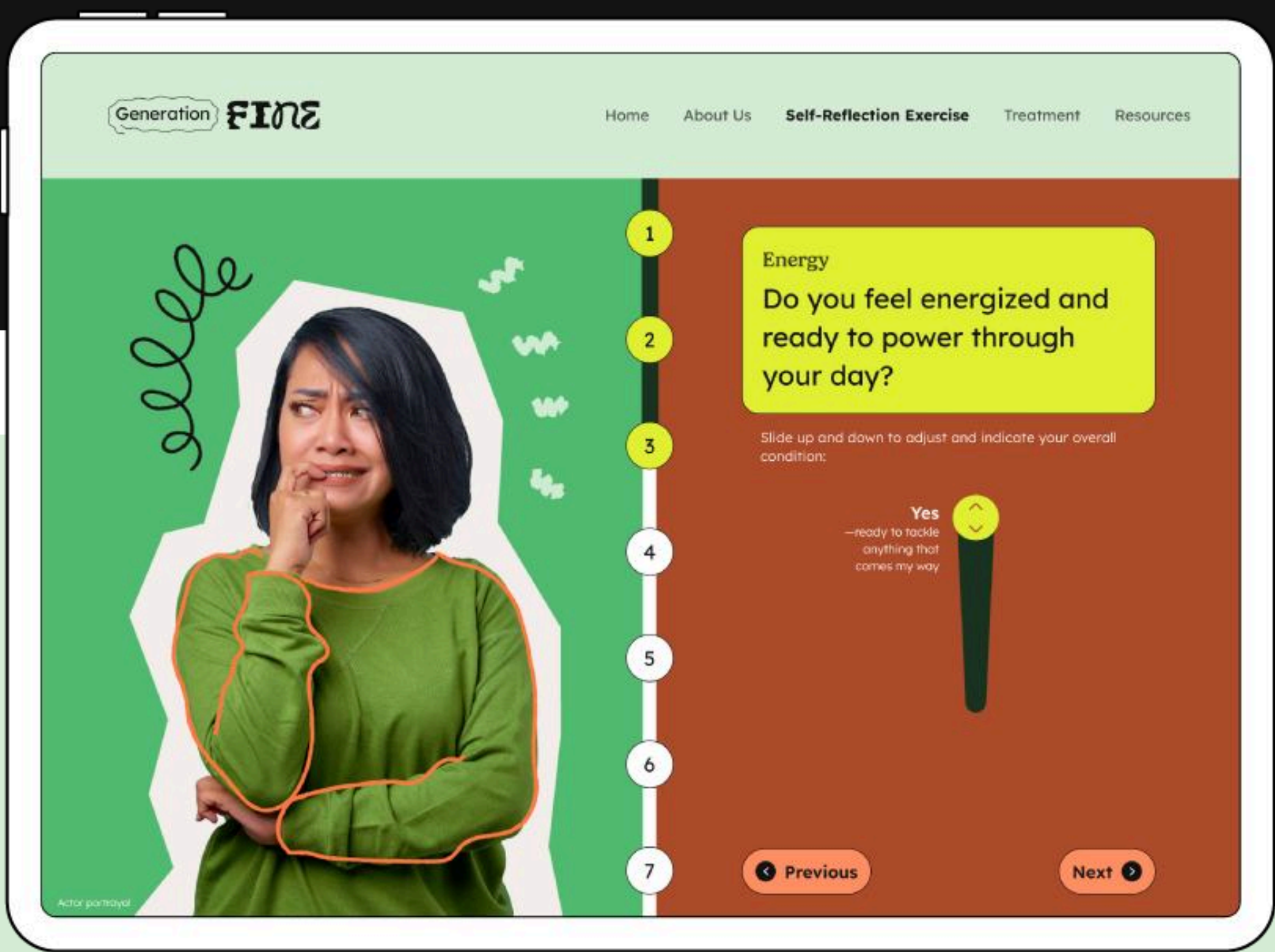
- **A quick reflection can help you notice how you've been feeling lately**
- **Your self-reflection starts here**

Generation

FINE

Hello! Thanks for being a part of Generation Fine.

How are you really doing? Our new self-reflection exercise is now live, and it's designed to help you pause and notice how things have been going lately.



This brief reflection is not a diagnostic tool, and there are no right or wrong answers. It's simply a moment for you to be honest with yourself and see what feels true for you right now.

Based on your responses, we may share general informational resources that others have found helpful. Be sure to talk with your healthcare provider about your symptoms and how they're affecting you.

Check in with yourself

Explore more tips and information on our website anytime.

Visit Now



If you or someone you know is struggling emotionally or has concerns about their mental health, there are ways to get help. Call or text the 988 Suicide & Crisis Lifeline 24/7 at 988 or visit <https://988lifeline.org>.

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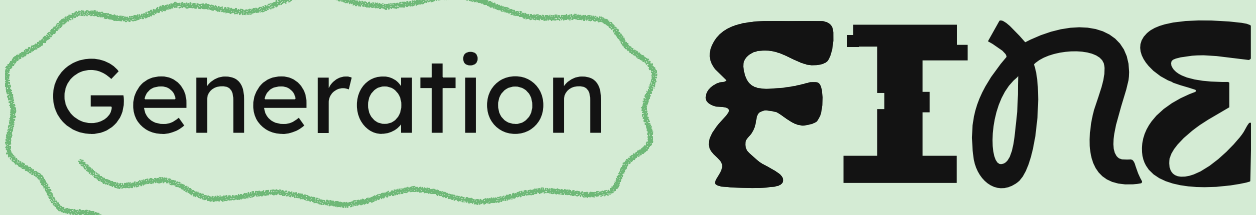
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Variable Subject Lines

- Not feeling like yourself lately?
- A little support can go a long way

Variable Pre-headers

- Small steps can make a difference
- You're not alone if things feel harder right now



Hello,

Thanks for taking a moment to check in with yourself. Your responses suggest that energy, motivation, sleep or focus may need extra support lately, and that’s okay...this is something that many people may experience from time to time.



Actor portrayal



Below are resources on getting enough rest, eating well and moving your body—things you can explore as you reflect on how you’ve been feeling lately. Check out what resonates today and come back to what you need later.

You may choose to share these with your healthcare team to guide your next conversation. Be sure to talk with your healthcare provider about your symptoms and how they’re affecting you. You don’t need to settle for “fine.”

Resources from our partners at Mental Health America



Getting enough sleep



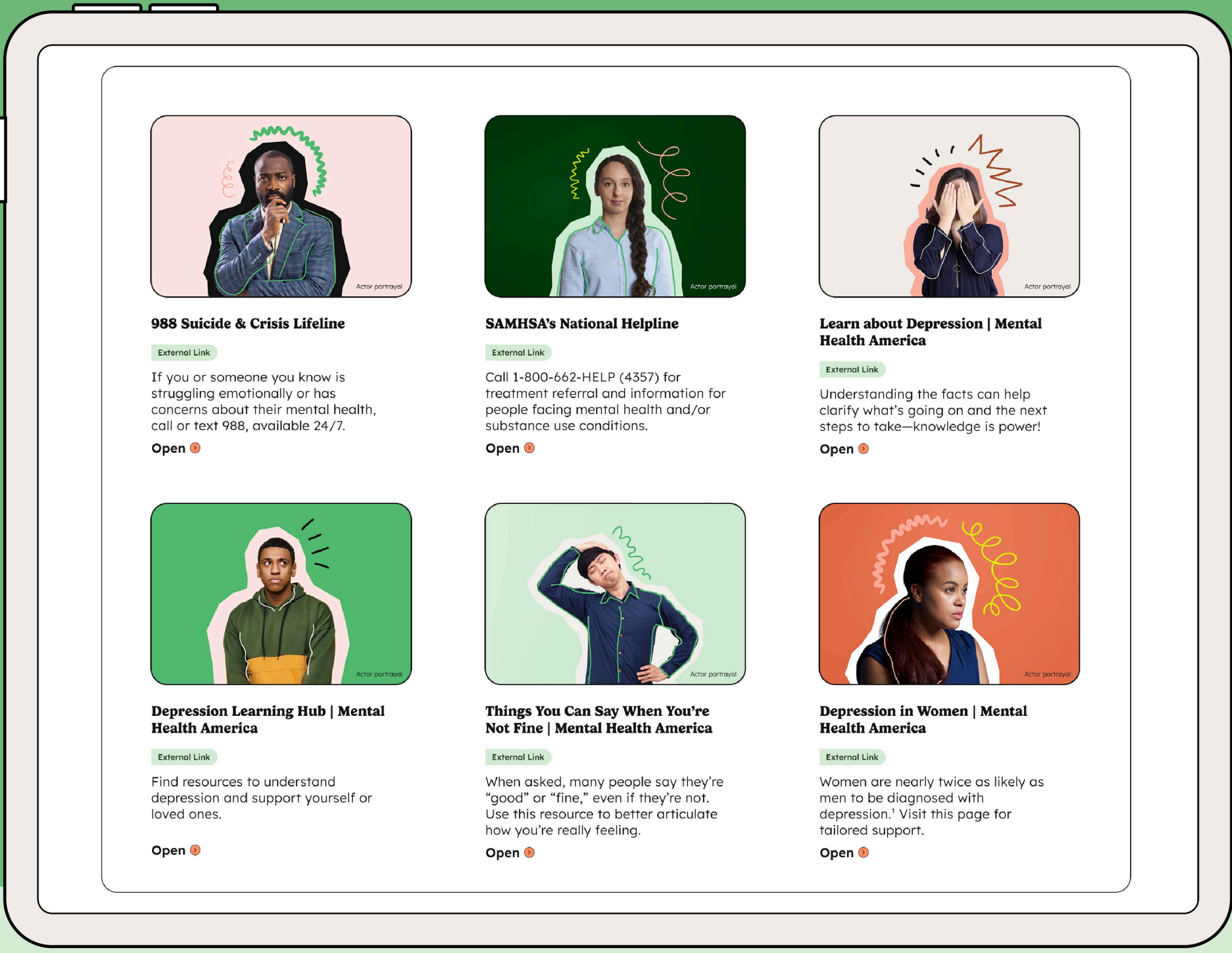
Healthy eating for overall well-being



Movement for mental health

If you ever need more tools or information, you can explore additional Generation Fine resources on the website anytime.

Visit Now



You’re not alone—and support is available.



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Variable Subject Lines

- Some days feel heavier than others
- Support is here for the tougher moments

Variable Pre-headers

- Here are resources that may help today
- You're not alone in what you're feeling

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Hi there,

Thanks for taking a moment to reflect on how you are really doing. Your responses suggest you may be looking for more emotional support right now—and that's completely okay. You may find that you need different kinds of support at different times, and that can change from day to day.



Actor portrayal

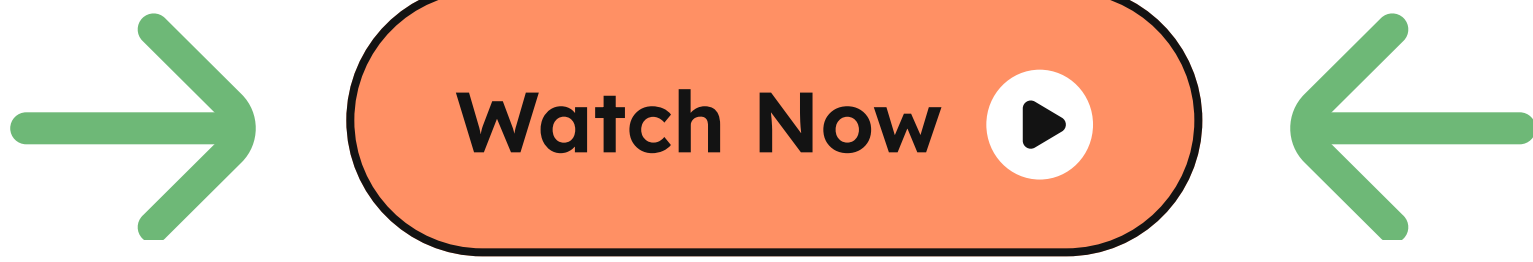


Below are some resources that may be helpful if you're looking for a bit of validation today. If “good enough” hasn't really felt good enough lately, you might find something here that resonates. If something does, you may choose to bring it into your next conversation with your healthcare team. Talk with your healthcare provider about your symptoms and how they're affecting you.



“Fine Is Not the Finish Line” video:

Perspectives from people living with major depressive disorder



Resources from our partners at Mental Health America

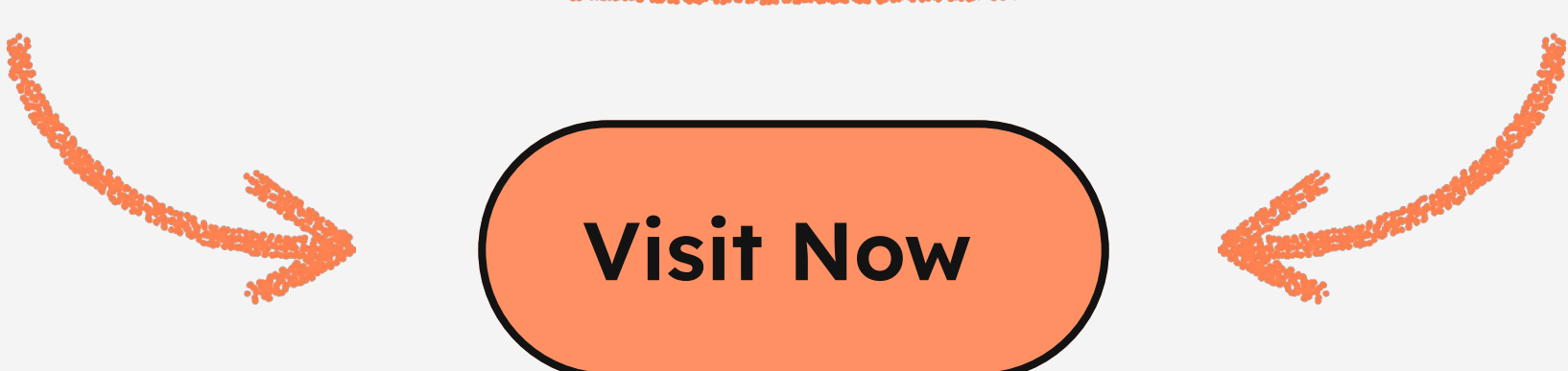


How to feel better about yourself: Simple steps backed by science



Finding the things that bring you pleasure, peace and pride

Explore more tips and information on our website anytime.



♥ You're not alone—and support is available. ♥



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Variable Subject Lines

- It's time to take a closer look at what you're experiencing
- [Insert Name], ever say you're fine when you're really not?

Variable Pre-headers

- You don't have to settle for "good enough"
- It may be time to talk to your healthcare provider about how you feel

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Hi there,

The goal of treating depression is to have few to no symptoms left (your healthcare provider might call this remission),¹ though responses to treatment can vary. If you're still experiencing symptoms on your current treatment, talk with your healthcare provider about them and how they're affecting you.

¹Armstrong, C. APA releases guideline on treatment of patients with major depressive disorder. *Am Fam Physician*. Accessed April 29, 2026. <https://www.aafp.org/pubs/afp/issues/2011/0515/p1219.pdf>



Actor portrayal

You don't have to settle. Below are a few resources that may be helpful as you explore more about treatment and what feels right for you. If a resource sparks a thought or question, you can choose to bring that into a future conversation with your healthcare team.

Resources from our partners at Mental Health America



Questions to consider
asking your provider



Working with
a provider

More Resources



Treatment options for major depressive disorder

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on our website anytime.**

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Variable Subject Lines

- You're not alone in how you're feeling
- Real stories. Real experiences

Variable Pre-headers

- Stories that may resonate with you today
- Support from people who've been there

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Hi there,

Thanks for checking in with yourself. Everyone's experience with depression is different, but seeing how others navigate similar situations may be helpful. Hearing real stories from people who've been there can also be a reminder that you're not alone.



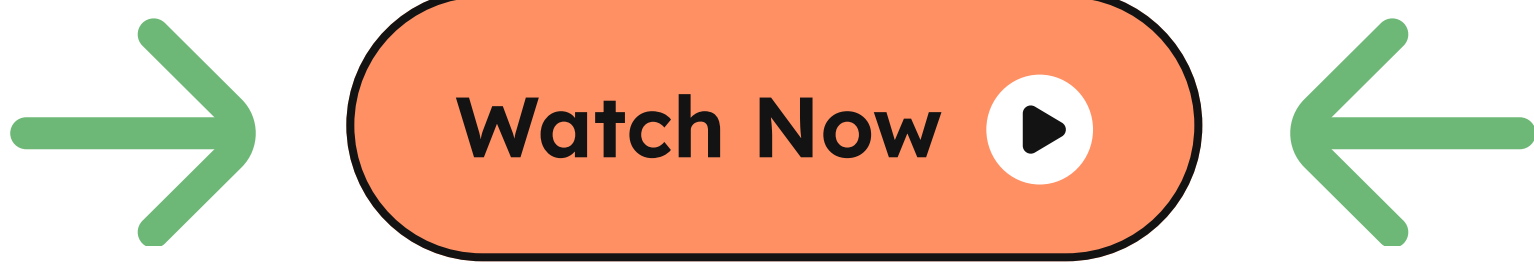
Here are some perspectives from others that may feel helpful or validating right now—and may offer space to reflect on what feeling more than just “fine” could mean for you.

You can explore these resources at your own pace. If something here resonates, you may choose to share it to support a conversation with your healthcare team. Be sure to talk with your healthcare provider about your symptoms and how they're affecting you.

Hear from the Community

“Depression: It’s Personal” video:

Perspectives from people living with major depressive disorder



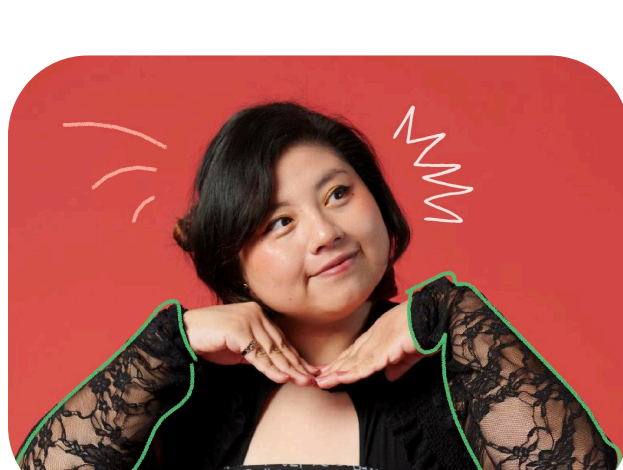
“Talking to Friends and Family About Depression” video:

People living with major depressive disorder share how they open up to loved ones

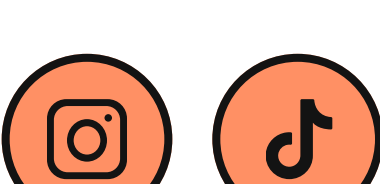


“

For a long time, I told myself I was ‘fine,’ especially when what I was feeling wasn’t always seen as real. Hearing others share their stories helped me recognize parts of my own experience I hadn’t fully named yet.”



Ren Fernandez-Kim
Patient advocate living with depression



If you've already seen some of these, consider exploring the other resources, or revisiting the parts that resonated most. You can always view other supportive information on our website anytime.



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