

know the Five Signs



not feeling like u?



feeling agitated?



r u withdrawn?



caring 4 yourself?



feeling hopeless?

changedirection.org

R.E.A.C.T.

**Take care of yourself.
Take care of others.
It matters.**

RECOGNIZE
the signs of emotional suffering

EXPRESS
concern and offer support

ACT NOW
and talk to someone you trust - parent,
teacher, coach, relative, friend, doctor

CARE
enough to follow through and follow up

TEXT 'SIGNS'
to 741-741 or call 603-448-4400 (24/7)*

***For substance abuse concerns, call
844-711-HELP or visit nhtreatment.org**