

know the five signs

Nearly one in every five people, 42.5 million Americans, has a diagnosable mental health condition. Our friends, neighbors, co-workers, and family members may be suffering emotionally. They may not recognize the symptoms or ask for help.



feeling agitated?

Agitation

You notice uncharacteristic anger, anxiety, agitation, moodiness.



not feeling like u?

Personality Changes

You notice sudden or gradual changes in behavior.



caring 4 yourself?

Poor Self Care

You notice a change in personal hygiene, substance misuse, or other self destructive behavior.



r u withdrawn?

Withdrawal

You notice withdrawal and isolation from family and friends.



feeling hopeless?

Hopelessness

You notice suicidal thoughts and feelings of worthlessness or guilt.



now what?

If someone you care about is suffering...

Connect

Reach Out

Inspire Hope

Offer Help



Make a Pledge
to share the
signs



Join the
Conversation
#changementalhealth



Need Help?
Granite State 2-1-1
Get the help you deserve



changedirection.org/nh