

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 1-800-273-8255 (TALK)*

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