

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**



dartmouth-hitchcock.org

know the Five Signs



not feeling like u?



feeling agitated?



r u withdrawn?



caring 4 yourself?



feeling hopeless?

change[direction.org](https://www.changedirection.org)