## 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

enough to follow through and follow up

TEXT 6516NS7
to 741-741 or call 603-448-4400 (24/7)\*

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

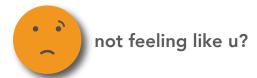








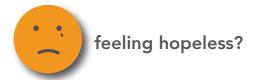
## know the Five Signs











changedirection.org







