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- r u withdrawn?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**
- **Inspire Hope**
- **Reach Out**
- **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

change direction.org/nh