

You're never alone when you have the

# WHOLE TEAM

behind you.



Have you been feeling down lately? Are you experiencing feelings of hopelessness? If you haven't been feeling like yourself, know that you're not alone and it's okay to ask for help. You have a whole team behind you and we have your back.

## 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 - a 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 <http://go.d-h.org/react>.

 Dartmouth-Hitchcock

[dartmouth-hitchcock.org](http://dartmouth-hitchcock.org)

