know the five signs.

Nearly one in every five people, 42.5 million Americans, have 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.

- Not feeling like yourself?
- Are you feeling agitated?
- Are you feeling withdrawn?
- Taking care of yourself?
- Are you feeling hopeless?

the campaign to change direction

#ChangeMentalHealth  www.changedirection.org