

know the Five Signs



not feeling like u?



feeling agitated?



r u withdrawn?



caring 4 yourself?



feeling hopeless?

changedirection.org



The Campaign to Change Direction is a coalition of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture in America about mental health, mental illness, and wellness.



Know the Five Signs of emotional suffering



Make a Pledge
to share the
signs



Join the
Conversation
#ChangeMentalHealth

For Students

Youth Crisis Hotline

301-738-9697

24 Hour Hotline

301-738-2255

Youth Text Line

Text 301-738-2255 (Monday-Thursday, 4:00-9:00 p.m.) or
chat at CrisisChat.org