

# Know the Five Signs



Feeling like U?



R U Agitated?



R U Withdrawn?



Caring 4 U?



Feeling Hopeless?

**VFW**  
VETERANS OF FOREIGN WARS.

The campaign to  
 **changedirection**<sup>™</sup>  
A Give an Hour Collective Impact Effort

# Healthy Habits of Emotional Well-being



TAKE CARE



CHECK IN



ENGAGE



RELAX



KNOW FIVE SIGNS

#[change](#)mentalhealth

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