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- R U Withdrawn?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 change direction
A Give an Hour Collective Impact Effort
Healthy Habits of Emotional Well-being

- Take Care
- Check In
- Engage
- Relax
- Know Five Signs

#changeMentalHealth

www.changementdirection.org