

# know the five signs



 the campaign to  
**changedirection**

**VFW**   
VETERANS OF FOREIGN WARS  
NO ONE DOES MORE FOR VETERANS.

## know the five signs.

Reach out, connect, inspire hope, and offer help.



personality changed?

agitated?

withdrawn?

poor self-care?

hopeless?

#ChangeMentalHealth

visit

[www.changedirection.org](http://www.changedirection.org)