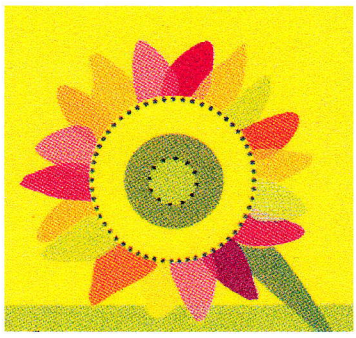


TEEN ADULT

Do you or someone you know have signs that could be a treatable mental illness?

- Is often very angry or very sad
- Has difficulty getting along with others
- Has actions/thoughts that don't make sense
- Has problems with school/daily living/work
- Abuses alcohol/drugs

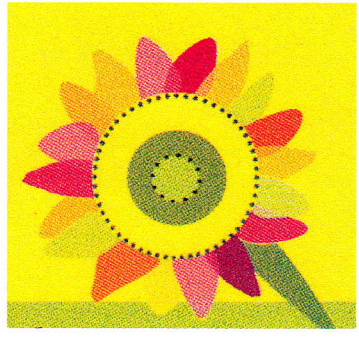
INFANT CHILD

SENIOR

What you can do:

- See a nurse or doctor for an evaluation and a diagnosis.
- Ask about treatment choices, coping skills and support groups.
- Find a support group in your area. See locations, times, and contacts at: www.naminh.org.
- If someone is a danger to him/herself or others call **911**.

EARLY HELP IS BEST BUT IT'S NEVER TOO LATE!



This poster is sponsored by the Concord, NH NAMI support group, an affiliate of the National Alliance on Mental Illness

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