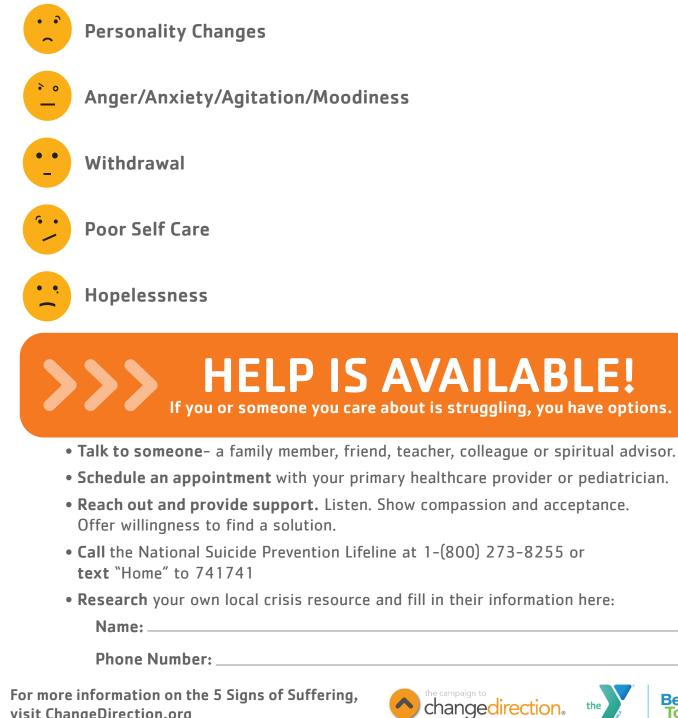


One in five people has a diagnosable mental health condition. And even more of us experience emotional suffering for which we don't realize that support is available.

There is an abundance of resources, tools and support that can help ease our struggles. Learn about the five signs of suffering so you can help someone you know-or even yourself-to get help.

The **FIVE SIGNS OF SUFFERING** may indicate that you or someone you know might need help:



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