

Asking for help can be difficult. Receiving help is getting easier.

If you or someone you know is feeling overwhelmed, please reach out.



In need of mental health or substance use support? **Call or text 833-710-6477**
NH Rapid Response or the 988 Suicide and Crisis Lifeline. Confidential and no cost to you.

dhhs.nh.gov/strongasgranite



**A STRONGER YOU.
A STRONGER
NEW HAMPSHIRE.**