



please reach out! be alert



Everyone needs help now and then, so ASK for help, or OFFER help. BE ALERT!

SIGNS TO WATCH FOR:

- Life changes
- Lights constantly on or off
- Uncollected mail or newspapers
- Living alone, isolation
- Irritability
- Changes in appearance
- Lack of visitors
- Unseen neighbors
- Inactivity

HOW CAN I HELP?

- Build a trusting relationship
- Check on and visit
- Shovel snow
- Take trash to the curb
- Offer a ride
- Ask if help is needed
- Lend an ear
- Ask other neighbors
- Telephone or email

IF YOU CANNOT HELP ON YOUR OWN, PLEASE MAKE CONTACT WITH:

- New Hampshire 211 - Simply dial 211 or go online to www.211nh.org
- ServiceLink Resource Center - for older adults, adults with disabilities and their families 1-866-634-9412
- Suicide Prevention Hotline, help & care - 1-800-273-TALK (8255)

For information about **Neighbor 2 Neighbor**, please contact the Lakes Region Partnership for Public Health at 528-2145 or visit www.lrp-ph.org



IMPORTANT CONTACT INFORMATION

- DIAL 211 or key in www.211nh.org for information about health and human services
- ServiceLink 1-866-634-9412 for people with disabilities
- Suicide Prevention 1-800-273-TALK (8255)

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