



November 9, 2018

Dear Parents and Guardians,

John Broderick will be coming to Haverhill High School to present the R.E.A.C.T. Mental Health Awareness Campaign on Tuesday, November 20, 2018, in four class assemblies in our auditorium for our students.

The special presentation by John Broderick, Senior Director of External Affairs at Dartmouth Hitchcock and former NH Chief Justice on Tuesday, November 20th as part of Dartmouth Hitchcock's R.E.A.C.T. mental health awareness campaign, which provides individuals with tips on how to recognize signs of emotional suffering and how to seek support for themselves and others. Drawing on his personal experiences, Mr. Broderick has shared his message with more than 250 schools and community events in NH and VT in an effort to destigmatize mental illness.

R.E.A.C.T supplements the "5 Signs" campaign developed by Change Direction, which is based on the premise that, like knowing the 5 Signs of a heart attack or stroke, we should all know the 5 Signs of emotional distress; R.E.A.C.T. helps us take action.

The R.E.A.C.T. campaign is presented by Dartmouth-Hitchcock in collaboration with the Children's Hospital at Dartmouth-Hitchcock (CHaD), the New Hampshire Department of Education, the Vermont Agency of Education and other agencies and civic leaders.

### **R.E.A.C.T**

**Date:** Tuesday, November 20, 2018

**Time:** Freshmen 7:30 a.m.  
Sophomores 8:25 a.m.  
Juniors 9:20 a.m.  
Seniors 10:15 a.m.

**Where:** Haverhill High School - Auditorium