



John T. Broderick, Jr.
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Dartmouth-Hitchcock’s R.E.A.C.T. Mental Health Awareness Campaign provides individuals throughout New Hampshire and Vermont with tips about how to deal with signs of emotional suffering and with resources for support and help.

The R.E.A.C.T campaign was developed to provide clear next steps to take when someone sees some, or all, of the 5 Signs of emotional suffering in another person. R.E.A.C.T supplements the 5 Signs campaign developed by Barbara Van Dahlen of Change Direction. The idea for the 5 Signs was modeled on the theory that, like knowing the 5 Signs of a heart attack or stroke, we should all know the 5 Signs of emotional distress; and when we see those signs we should take action.

Led by Dartmouth-Hitchcock Senior Director of External Affairs John Broderick, formerly the Chief Justice of the NH Supreme Court, and in collaboration with the Children’s Hospital at Dartmouth-Hitchcock, the New Hampshire Department of Education, the Vermont Agency of Education and other agencies and civic leaders across both states, Broderick has been reaching out to students, educators, parents, businesses and communities, to change the conversation on mental health and to help reduce stigma.

Broderick believes that “we have the ability to change the culture and the way mental health is viewed.” He wants to spread this message to as many students, educators, parents, businesses and communities as he can.

Please contact Karen Borgstrom at karen.j.borgstrom@hitchcock.org for more information.
