

**Where youth affected by mental illness can come to
find information and support.
Administered by youth for youth.**



"That page [Life Under Construction] has literally changed my life...when I start to get overwhelmed I like to just scroll through the Life Under Construction Instagram page."

Gwen, High School Senior '19

Instagram / lucnaminh

(<https://www.instagram.com/lucnaminh/>)

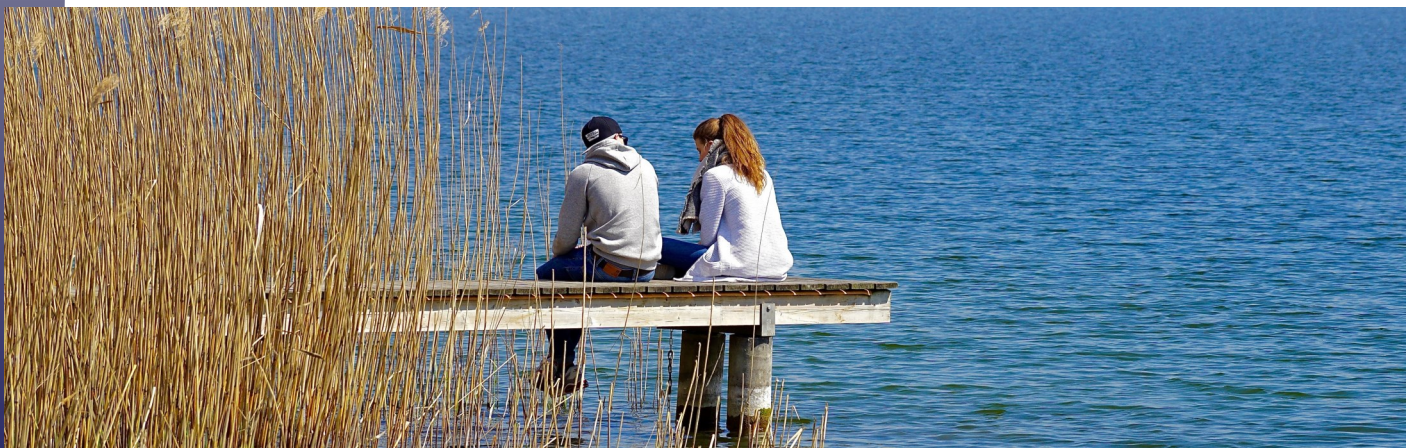
Facebook / Life Under Construction

(<https://www.facebook.com/groups/LUCNamiNH/>)

Twitter / @LUCNamiNH

(<https://twitter.com/LUCNamiNH>)


Scan me to go
directly to LUC on
Instagram



New
Hampshire
Family
Network
A program of NAMI NH

Each social media platform is administrated by youth with oversight from NAMI NH staff to ensure safe messaging. For questions or more information, contact Michele Watson. mwatson@NAMINH.org or 603-225-5359 ext 353

www.NAMINH.org

 **NAMI**
National Alliance on Mental Illness
New Hampshire