

# Lee County coalition fights substance abuse

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The Lee County CARES Coalition along with the Substance Abuse and Mental Health Services Administration (SAMHSA) is marking National Prevention Week this week.

National Prevention Week is held annually to increase awareness for prevention of drug and alcohol abuse as well as suicide and mental health awareness. Different areas of abuse are brought to light to encourage conversations and awareness for local communities.

“We all have a role to play in preventing substance abuse and promoting mental health in our communities,” stated Chelsea Neighbors, Prevention Specialist for East Alabama Mental Health.

“Consider taking the time to speak to others in our community about taking a stand against drug and alcohol abuse and erasing the stigma of mental health during National Prevention Week.”

Lee County CARES is also seeking new members. The organization meets monthly and strives to aid in preventing underage drinking in our local community.

“Lee County CARES works to create a community where our youth can grow up and feel good about themselves without the use of alcohol,” Neighbors stated.

For more information on Lee County CARES, contact [chelsea.neighbors@eastalabamamhc.org](mailto:chelsea.neighbors@eastalabamamhc.org), visit East Alabama Mental Health on the web at [www.eamhc.org](http://www.eamhc.org) or follow them on social media.

For more information about National Prevention Week, visit [www.samhsa.gov](http://www.samhsa.gov).