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Guest Editorial: Behavioral health is essential to overall health

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By WSFA 12 News Staff | [CONNECT](#)

MONTGOMERY, AL (WSFA) - By Lynn Beshear, Commissioner of the Dept. of Mental Health

This September we celebrate Recovery Month, it's annual event, but one we can encourage and observe every day.

The Alabama Department of Mental Health celebrates this event, along with the Substance Abuse and Mental Health Services Administration. The goal is to increase awareness and address misunderstandings about mental illness and substance use disorders. We also want to promote this message, behavioral health is essential to our overall health.

Stigma surrounding mental illness and substance use disorders often prevents a person or their loved ones from seeking help or even talking about it. But low to no cost treatment is available in our state and recovery is possible.

Mental illness and substance use disorders affects everyone, everywhere. There are very few families untouched by these issues. Help is available. Individuals can get better, both physically and emotionally, with the support of a welcoming community.

ADMH's Division of Mental Health & Substance Abuse Services, in partnership with community providers and advocacy groups, will showcase rallies, fun runs, open houses and many other events throughout the month. Together we can help others realize the promise of recovery and give families the information and support to help their loved ones. The great news is that prevention works, treatment is effective, and people do recover.

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