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**ALABAMA DEPARTMENT OF MENTAL HEALTH CELEBRATES
NATIONAL PREVENTION WEEK**
Action Today, Healthier Tomorrow



Montgomery, Ala. – [National Prevention Week](#), May 13-19, is an annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. The National Prevention Week theme for 2018 is “Action Today. Healthier Tomorrow”. This theme reminds us that simple, daily acts of prevention, like helping a friend make positive choices or supporting a family member in need, can lead to healthier lives for each of us today, and stronger, happier communities tomorrow.

The Alabama Department of Mental Health is hosting or participating in several activities designed to increase awareness and engagement during the week. A community walk will be hosted Monday, May 14 at 11:30 a.m. at the Alabama State Capitol that will include ADMH staff, local mental health providers and supporters. Local providers around the state are hosting events and bringing attention to the effort. The department also encourages everyone to be a part of the [#DearFutureMe campaign](#). #DearFutureMe is an interactive social media activity that ties local prevention efforts to the larger movement of National Prevention Week.

How to Participate in #DearFutureMe:

1. Write a letter or draw a picture about the choices you’re making to live a healthy, happy life.
2. Take a picture of your letter or record a video of yourself reading your letter.
3. Share it on social media using the hashtag #DearFutureMe and #NPW2018, and tag the Alabama Department of Mental Health: [ADMH Facebook](#) [ADMH Twitter](#)
4. Tag a few friends and colleagues so they can participate and add their #DearFutureMe letter to the NPW conversation.
5. Share your #DearFutureMe videos on social media to encourage others to participate as well.

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