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RECOVERY MONTH CELEBRATED

Join the Voices for Recovery Month: Invest in Health, Home, Purpose and Community

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2018

Montgomery, Ala. – Recovery Month is an annual celebration sponsored each September. This year’s theme is “Join the Voices for Recovery Month: Invest in Health, Home, Purpose and Community.”

The Alabama Department of Mental Health celebrates the event, along with the Substance Abuse and Mental Health Services Administration to increase awareness and understanding of mental illness and substance use disorders, and promote the message that **behavioral health is essential to health, prevention works, treatment is effective, and people do recover.**

Stigma surrounding mental illness and substance use disorders can often prevent 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 affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels. 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. It is up to us all to intentionally work together to educate the community and to support and celebrate those in recovery, in leading successful lives,” said Commissioner Lynn Beshear, ADMH.

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RECOVERY MONTH CELEBRATED

Join the Voices for Recovery Month: Invest in Health, Home, Purpose and Community

ADMH's Division of Mental Health & Substance Abuse Services, in partnership with several community providers and advocacy groups, coordinates rallies, runs, open houses and many other events throughout the month.

For more information on National Recovery Month, visit the Substance Abuse and Mental Health Services Administration's (SAMHSA) Recovery Month website at <http://www.recoverymonth.gov>.

Events and promotional information related to Recovery Month can be found during September on ADMH's social media pages, [Facebook](#) and [Twitter](#).

Offering support to those experiencing mental illness and substance use disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the support to help their loved ones.



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