



National Recovery Month is an observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to acclaim the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.



Now in its 24th year, National Recovery Month highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. In recognition of the month, several events will be held throughout the state each week showcasing Alabama's efforts in recovery. For a listing of all Recovery Month activities and events statewide, visit the Department of Mental Health's website at <http://mh.alabama.gov>

National Suicide Prevention Week
September 8-14, 2013

World Suicide Prevention Day
September 10, 2013

Did You Know?

In 2010, there were 679 deaths caused from suicide (a rate of 14.2), ranking Alabama #23 of all states.

http://www.suicidology.org/c/document_library/get_file?folderId=262&name=DLFE-636.pdf



Division of Mental Health
and Substance Abuse Services
Office of Prevention Services
www.mh.alabama.gov