



September is National Recovery Month!
JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER
recoverymonth.gov

September 2019

The logo features an “r” symbol, representing r is for Recovery and the need to support the millions of individuals who are proudly living their lives in recovery, as well as their family members and loved ones.



NATIONAL
RECOVERY
MONTH 2019
30th Anniversary

In 2019, the Substance Abuse and Mental Health Services Administration (SAMHSA) celebrates the 30th anniversary of **National Recovery Month**, marking three decades of spreading the message that treatment is effective, and people can and do recover—every day! Through the years, **Recovery Month** has promoted and supported new evidence-based treatment and recovery practices, the strong and proud recovery community, and dedication of service providers and community members across the nation who make recovery in all its forms possible.

The 2019 **Recovery Month** theme, “Join the Voices for Recovery: Together We Are Stronger” emphasizes the need to share resources and build networks across the country to support the many paths to recovery. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution. **For more information on Recovery Month, visit: <https://recoverymonth.gov>**

September is also National Suicide Prevention Month

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

Ask: Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Keep Them Safe: A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Be There: Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

Help them Stay Connected: Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

Follow Up: Studies have also show that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.



112 days until Christmas, start saving now if you haven't already for Christmas! Make it your goal to save \$1—\$5 a day to have \$112 up to \$560 saved to put towards extra holiday expenses! - 9/3/2019