

JOIN THE VOICES FOR RECOVERY

visible, vocal, valuable!

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<http://www.samhsa.gov>) sponsors **National Recovery Month (Recovery Month)**, an observance that increases awareness and understanding of mental and/or substance use disorders while encouraging those in need to seek treatment for these conditions. This year's theme, "**Join the Voices for Recovery: Visible, Vocal, Valuable!**" highlights opportunities for recovery education, support, and celebration. The theme encourages communities to: **be visible** by knowing the prevalence of mental and/or substance use disorders; **be vocal** by noticing warning signs and symptoms; and **be valuable** by raising awareness of the resources available to help.

In 2015, **Recovery Month** will:

- Spread the message that behavioral health is essential to overall health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders;
- Educate Americans about how to identify signs and symptoms of mental and/or substance use disorders;
- Empower high school students, college students, family supports, and peers in recovery to start conversations about behavioral health conditions; and
- Celebrate people in long-term recovery and recognize those who are dedicated to providing prevention, treatment, and recovery support services.

Resources are available through the **Recovery Month** website: <http://www.recoverymonth.gov>.

Please contact SAMHSA (<http://www.samhsa.gov>) at 240-276-2750 for more details.

Resources for this year's **Recovery Month** observance will include:

- A toolkit for event organizers and attendees, featuring media templates; current data on behavioral health conditions; resources for prevention, treatment, and recovery support services; and tips to assist in event planning and community outreach, at <http://www.recoverymonth.gov>;
- SAMHSA-produced television and radio public service announcements and the *Road to Recovery* television and radio series, at <http://www.recoverymonth.gov>;
- A **Recovery Month** website and accompanying social networking websites, including:
 - Facebook (<http://www.facebook.com/RecoveryMonth>),
 - Twitter (<http://www.twitter.com/RecoveryMonth>),
 - YouTube (<http://www.youtube.com/user/RecoveryMonth>);
- Opportunities for individuals to make a Pledge for Recovery, located on the **Recovery Month** Facebook page, and to share personal examples of recovery on the **Recovery Month** website at <http://www.recoverymonth.gov> under the Personal Stories of Recovery section;
- A national **Recovery Month** kickoff on September 10 in Washington, D.C., and more than 1,000 national, local, and community events held throughout the country and online, celebrating people in recovery from mental and/or substance use disorders, as well as their support systems and prevention, treatment, and recovery providers; and
- A poster and web banners.

