



NATIONAL RECOVERY MONTH

RECOVERY IS POSSIBLE!

Recovery is
“a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”
Substance Abuse & Mental Health Services Administration (SAMHSA)

“In 2023, 7 in 10 adults who ever had a substance use problem considered themselves to be in recovery.”
Substance Abuse & Mental Health Services Administration (SAMHSA)

“In 2023, 2 in 3 adults who have had a mental health disorder considered themselves to be in recovery.”
Substance Abuse & Mental Health Services Administration (SAMHSA)


How to talk to someone about getting help

- Ask open ended questions
- Be supportive
- Show you are listening
- Bring it all together



How to support your own recovery

- Reach out to a professional if you're in crisis.
- Accept where you are now.
- Take care of your body.
- Take care of your mind.
- Connect with other people for support.



For more details, please scan:

For resources, please scan:

