



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 2024, 4% of both 10th and 12th graders in McLean County considered themselves to be in recovery.”
(2024 Illinois Youth Survey McLean County Report, University of IL Center for Prevention Research & Development)

In an average year from 2015–2019, more than 21 million children in the United States lived with a parent who misused substances, and more than 2 million lived with a parent who had a substance use disorder (SUD).
(Office of Assistant Secretary for Planning & Evaluation, 2022)

Supporting a friend with their mental health

- Acknowledge what your friend is going through is hard.
- Support your friend by listening before responding.
- Keep in touch by making a plan for reconnecting.



How to support your own mental health

- Nourish your body.
- Prioritize adequate rest & sleep.
- Engage in regular movement & exercise.
- Create and nurture connections with others.
- Participate in the things you love.
- Allow yourself time and a safe space to process emotions and recharge.



For more details, please scan:

For resources, please scan:

