

Bringing Greater Attention to Substance Misuse and Recovery



September is National Recovery Month, an observance that started in 1989 and is held annually to celebrate and educate Americans about recovery from substance misuse and mental health conditions.

Just as we celebrate the health improvements made by those who are managing other health conditions (hypertension, diabetes, asthma, and heart disease), Recovery Month is an opportunity to celebrate the gains and transformations made by those who have sought substance use treatment and mental health services.

Recovery is often described as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. The process is highly personal and holistic, and it occurs via many pathways.

Recovery Month focuses on increasing public awareness of the following:

- Behavioral health is essential to overall health
- Prevention works
- Treatment is effective
- People can and do recover

According to [SAMHSA](#), three out of 10 people have issues with mental health or substance use. Recovery Month is an opportunity for everyone to offer hope, embrace acceptance, and celebrate the power of #recovery.

Today, 70% of adults who have had a mental health or substance use condition are in recovery. To celebrate their recovery, many organizations across the country are sharing their success stories.

Their stories are also a tool to encourage those who continue to struggle with mental health or substance use concerns to seek professional help. With the right treatment, support, and resources, recovery is possible.

Recovery Month has a new permanent tagline: “Every Person. Every Family. Every Community.” Its message underscores how the recovery journey isn’t just for the person with a substance use disorder or mental health concern. The recovery journey is for everyone. Families, caregivers, and communities play an important role in inspiring hope and supporting people on their recovery journey.

Your Employee Assistance Program is here to help. Services are free, confidential, and available to you and your family members. You can access them 24/7 by calling 855-775-4357 or [visit online](#).