



September is National Recovery Month

Recovery is possible.

What is National Recovery Month?

National Recovery Month was started in 1989 and celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

The role of family and caregivers is crucial.

The recovery journey isn't just for the person with the substance use or mental health issue—it includes everyone who cares about them.



- Because recovery is holistic, families and caregivers can play an important role in supporting their loved one's journey of recovery.
- Staying connected with supportive loved ones and trusted friends can help young people balance school and recovery.
- Families and caregivers face unique challenges when helping a loved one who is in recovery and working to overcome mental health or substance use challenges.



Recovery is about the whole-person, not just the addiction.

Wellness in recovery encompasses a person's whole life, not just their substance use or mental health issue.

- Access to housing, education, social support, and employment affect the ability to enter and maintain recovery.
- Recovery is personal and requires tailored, individualized care and supports.

Recovery is real!



7 in 10 Adults who ever had a substance use problem considered themselves to be recovering or in recovery.



2 in 3 Adults who ever had a mental health issue considered themselves to be recovering or in recovery.

Help is available!



StrongHearts Native Helpline
(844) 762-8483

SAMHSA's National Helpline
(800) 662-HELP (4357)

Nebraska Family Helpline
(888) 866-8660