

# NATIONAL RECOVERY MONTH

Learn about what resources are available to help you or a loved one recover from drug and alcohol addiction. Discover how to better maintain your own mental health and well-being.



## ALCOHOL ADDICTION RECOVERY

Alcohol addiction afflicts 38 million adults a year leading to significant costs associated with drunk driving accidents, chronic liver diseases, and many other associated health risks. Use this code to learn more about the health risks and policies associated with alcohol use in addition to recovery [resources for alcohol addiction at UNTHSC](#).

## DRUG ADDICTION RECOVERY

Drug addiction affects more than 11.7% of the US population above the age of 12. For many, the use of non-prescription and illicit drugs are seen as a coping mechanism for stress, problems related to mental illness, and as an escape. However, this can lead to many financial, social, and mental problems in the long run. If you or a loved one are seeking assistance for recovery from drug addiction, use this code here that will direct you to the website for the [Substance Abuse and Mental Health Services Administration](#).



## MENTAL HEALTH

If you are Interested in learning about the link between mental health and substance abuse, attend this talk by MESA Springs Representative Rebekah Shutter September 16th (time and place TBD)  
Free lunch available to the first 20 people.

To learn more about the [interaction between substance use and mental disorders](#), check out this infographic.

**Recovery is for Everyone: Every Person,  
Every Family, Every Community**

