



SEPTEMBER IS
RECOVERY MONTH

RECOVERY IS FOR EVERYONE:
Every Person, Every Family, Every Community

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. It 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.



In our community, mental health and substance use disorders affect many people. As a part of National Recovery Month, Hold Out the Lifeline is encouraging you to broaden your understanding of what recovery means for people with different experiences. Become a lifeline to someone by getting trained in Mental Health First Aid, and attending a Community-Based Recovery Support session so that you will be able to:

- Identify and respond to signs of substance use disorders
- Advance the recognition, acceptance, and support of recovery
- Identify specific skills and techniques to support those in or seeking recovery
- Create a community that understands, supports, and advocates for recovery

 **More information can be found on our website:**
[hotlifeline.org/opioids](https://www.hotlifeline.org/opioids).



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SOUTH CAROLINA'S OPIOID EPIDEMIC



Opioid misuse and overdoses are at epidemic levels in the United States today. The data indicate that opioid overdoses have increased in South Carolina since the beginning of the COVID-19 pandemic likely due to increased anxiety, social isolation, and depression. The opioid epidemic is the leading cause of overdose death, with over 70,000 Americans dying annually from drug overdoses. Over two-thirds (67.8%) are caused by opioids. Many Americans who become addicted to opioids do so after initially receiving a prescription as a treatment regimen for pain following surgery. We also know that many people use other varied substances in an attempt to control and/or ease their symptoms due to their mental health problems, while others develop mental health problems related to their compulsive drug use.

SAFE MEDICATION DISPOSAL

Is your medicine cabinet full of expired prescriptions and medications you no longer use? Your medicine is for you. What is safe for you might be harmful for someone else.



Make sure that young people in your life do not have access to any medications in your home. The best way to dispose of your expired, unwanted, or unused medicines is through a drug take back program. Another option to safely dispose of medication may be done at home.

 **More information can be found on our website: hotlifeline.org/safe-medication.**



Hold Out the Lifeline: A Mission To Families

Each One Can Reach One

803.461.3201 hotlifeline.org



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