**Send Date:** Wednesday, September 9th, 2020

**Email Subject:** “Suicide Prevention Week 2020: Celebrating Recovery”

Beyond Suicide Prevention Awareness Week and World Suicide Prevention Day, September also holds National Recovery Month. National Recovery Month seeks to increase awareness and understanding of mental and substance use disorders, as well as spread the message that people can and do live healthy and rewarding lives in recovery.

SAMHSA defines **recovery** 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. Recovery is not only possible, it is achievable. [Research](http://psychrights.org/research/Digest/Chronicity/vermont1.pdf) has found that even when people have what are considered to be serious and persistent mental health disorders, such as schizophrenia, there is still a potential for partial and/or full recovery. Millions of people throughout the world are building a healthy and meaningful life in recovery today. Through the celebration of recovery, we are able to spread the message to people facing mental health challenges and substance use disorders that hope, resilience and recovery are attainable. As individuals living in recovery are empowered to share their stories, individuals seeking to achieve their recovery goals can be empowered as well.

Join the voices for recovery today:

* Share the “5 Ways to Incorporate Suicide Prevention in Alcohol and Other Drug (AOD) Treatment Settings” email with local AOD treatment providers
* Provide a suicide prevention gatekeeper training or presentation to the mental health, AOD or restaurant industry
* Reach out to your local restaurant association or restaurants directly to share Know the Signs Campaign information, including the [Coasters and Coffee Sleeve Activity](https://emmresourcecenter.org/system/files/2020-06/Coaster%20and%20Coffee%20Sleeve%20Activity%202020.pdf).
* Share stories of recovery and information on mental health and AOD resources. You can find stories from across California at [Each Mind Matters Stories Collection](http://www.eachmindmatters.org/stories/).
* Host an in-person or virtual Recovery Panel, where individuals in recovery can share their stories

To learn more about National Recovery Month visit SAMHSA’s [www.RecoveryMonth.gov](http://www.recoverymonth.gov)

Find even more activities in [Each Mind Matters Suicide Prevention Week 2020 Kit here](https://www.eachmindmatters.org/spw2020/).

Connect with Each Mind Matters and thousands throughout the country during Suicide Prevention Week and National Recovery Month online by tagging @EachMindMatters and usings hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth #KnowTheSigns