National Recovery Month (Recovery Month) increases awareness and understanding of mental health and substance use disorders and encourages individuals in need of treatment and recovery services to seek help. Recovery Month celebrates individuals living their lives in recovery and recognizes the dedicated workers who provide the prevention, treatment, and recovery support services that make it possible.

This year’s Recovery Month theme, “Join the Voices for Recovery: Celebrating Connections,” embraces the adversity experienced in 2020. When we celebrate our connections to the diversity of people from all walks of life striving for recovery, we find support and courage to speak up for inclusion, respect, and opportunity.

Resources and activities for this year’s Recovery Month observance includes a toolkit for Recovery Month, with tips for celebrating Recovery Month and community outreach, and a new Recovery Month website and social media accounts

The New Recovery Month website (nationalrecoverymonth.org) provides printable materials, web, and social media resources to help communities plan events, educate individuals about mental health and substance use disorders, and encourages individuals to celebrate the millions of people in recovery from mental health and substance use disorders. Reminding us that behavioral health is an essential component to overall health, prevention works, treatment is effective, and people can and do recover.

- Find and post recovery events in the community: http://nationalrecoverymonth.org/submit-an-event/
- Download web banners and logos to promote Recovery Month: http://nationalrecoverymonth.org/downloads/

Follow Recovery Month on Social Media:
- Facebook: http://facebook.com/nationalrecoverymonthfv
- Twitter: http://twitter.com/recoverymonthfv
- Instagram: https://www.instagram.com/recoverymonth_fv

Please contact the Recovery Month team at support@nationalrecoverymonth.org for more information.