

SEPTEMBER 2024

National Recovery Month

Substance use disorder (SUD) is a treatable mental disorder that impacts an individual's brain and behavior, causing an inability to control the use of certain substances, such as drugs or alcohol. Millions of people struggle with SUDs and co-occurring mental disorders every year.

September is National Recovery Month. Recovering from addiction is a process of change that can improve wellness, increase control and help you reach your full potential. Use this month to reflect on your health and the goals you want to accomplish.

Contact us for more information about SUD and how to support individuals in your community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Childhood Cancer Awareness Month Healthy Aging Month National Atrial Fibrillation Awareness Month National Food Safety Education Month National ITP Awareness Month National Head Lice Prevention Month			National Preparedness Month National Recovery Month National Sickle Cell Month National Yoga Awareness Month Newborn Screening Awareness Month Ovarian Cancer Awareness Month		Pain Awareness Month Prostate Cancer Awareness Month Sepsis Awareness Month Sexual Health Awareness Month Whole Grains Month World Alzheimer's Month	
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Autumnal Equinox	23	24	25	26	27	28
29	30					