



# SEPTEMBER 2024

## Is 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.