



IT TAKES COURAGE AND SUPPORT TO FACE A SUBSTANCE USE OR MENTAL DISORDER

Recovery is possible.

- Almost 75 percent of the population believes recovery from a substance use disorder is possible.
- Two-thirds of Americans believe treatment and support can help someone with a mental health problem lead a normal life.

Start on your road to recovery today.

- Treatment services for substance use and mental disorders are effective; millions of Americans are in recovery today.
- People in recovery live, work, learn, and participate fully in their communities.
- Taking charge of your recovery can improve physical health outcomes, educational attainment, and result in a more meaningful social life.

Take the first step toward recovery and talk to someone you trust. Your support network can include your family, friends, teachers, coaches, doctors, nurses, pharmacists, and mentors.

People **can recover**, accomplish their goals, and lead happy, healthy lives.

For more information or treatment referral, visit <http://www.recoverymonth.gov>
or call **1-800-662-HELP (4357)**.

