



Celebrating National Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://samhsa.gov/>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors National Recovery Month to increase awareness of behavioral health conditions and celebrate the people who recover.

This observance promotes the belief that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and substance use disorders.

Get the Facts:

- In 2016, an estimated 44.7 million adults aged 18 or older had any mental illness (AMI) in the past year.
- In 2016, 43.1% of adults aged 18 or older with AMI received mental health services. This means over half (56.9%) of adults with a mental illness did not receive the mental health services they needed in 2016.
- In 2016, an estimated 21.0 million people aged 12 or older needed substance use treatment.
- Among adults in 2016 who had either AMI or substance use disorders (SUDs) in the past year, 8.2 million had both AMI and SUDs.
- Given the widespread impact and societal cost of behavioral health conditions, it's important for communities to make prevention, treatment, and recovery support services available and accessible to all those who need them.

How You Can Help:

- If you know someone who is struggling with a mental and/or substance use disorder, visit <http://www.samhsa.gov/find-help> to learn where people can go for needed services.
- If you are in recovery or want to tell your experience of helping someone else achieve recovery, share your recovery story and learn from others (<https://www.recoverymonth.gov/personal-stories>).
- Watch the Road to Recovery Television Series (<https://recoverymonth.gov/road-to-recovery>).

For additional support and resources, call us at Aurora EAP
(800) 236-3231.

Information borrowed from SAMHSA.gov