



SEPTEMBER IS NATIONAL RECOVERY MONTH

September 13, 2021 – Millions of Americans experience a mental health or substance use disorder and feel isolated and alone, a feeling that has been heightened since the beginning of the COVID-19 pandemic.

This National Recovery Month, join District Health Department #10 (DHD#10) in bringing awareness to mental health and substance use disorders, celebrating individuals in recovery, and acknowledging the work of prevention, treatment, and recovery support services in our communities.

Anyone can be impacted by a mental health or substance use disorder, regardless of age, gender, ethnicity, or socioeconomic status. It is important that individuals facing these challenges receive support and have environments and relationships that foster acceptance.

DHD#10 staff work collaboratively with mental health and substance abuse treatment providers to offer support to clients and provide resources to our communities on these issues. They also coordinate several substance abuse prevention coalitions within DHD#10 jurisdiction.

If you or someone you know is interested in learning more about a substance abuse prevention coalition near you, contact:

- **Qur'an** – Lake County Communities that Care, Lake County, (231) 368-1051
- **Katie** – SEA Manistee Communities that Care, Manistee County, (231) 316-8567
- **Grace** – The Leeward Initiative, Mason County, (231) 316-8583
- **Kortni** – Oceana LEADS, Oceana County, (231) 902-8539
- **Angie** – Safe and Healthy Communities, Missaukee & Wexford Counties, (231) 876-3813

Are you or someone you know struggling with addiction? Confidential help is available 24 hours a day through SAMHSA's National Helpline, 1-800-662-HELP (4357) or 1-800-487-4889 (TDD).

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families America, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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MEDIA CONTACT

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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