



# Health Tribune

Thinking about your health in Portage County  
Provided by the Portage County Health Department



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## September is... National Recovery Month



National Recovery Month is a national observance held every September to educate people that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

- On average, more than 33,000 Americans died each year between 2001 and 2009 as a result of suicide—more than 1 person every 15 minutes.
- By 2020, mental and substance use disorders will exceed all physical diseases as a major cause of disability worldwide.
- In 2013, 72.6 percent of youth aged 12 to 17 reported having seen or heard drug or alcohol prevention messages from sources outside of school.
- The prevalence of past month illicit drug use in 2013 was lower among youth who reported having exposure to prevention messages compared with youth who did not have such exposure.
- According to research that tracks individuals in treatment over extended periods, most people who get into and remain in treatment stop using drugs, decrease their criminal activity, and improve their occupational, social, and psychological functioning.
- Two-thirds of Americans believe that treatment and support can help people with mental illnesses lead normal lives.

## Did you know...?

There are great places to go where you can find help such as the Mental Health and Recovery Board



- Services help families, adults, teens and children with mental illness, depression, addictions, in crisis and at risk for suicide.
- The system is funded by Portage County taxpayers, along with grants and funds from the State of Ohio.
- Adults and families receiving services pay what they can afford, making services accessible to as many as possible.

For more information go to

<http://www.mental-health-recovery.org/>

## Questions or Comments?

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