

SAFE Inc. Welcomes National Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration sponsors National Recovery Month to increase awareness and understanding of mental and substance use issues and celebrate the people who recover. National Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. National Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover. This year's theme is "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!"

SAFE Inc. is the only prevention agency in Glen Cove dedicated to the elimination of alcohol and substance abuse in Glen Cove. The agency continues to work to change societal norms about alcohol and substance abuse through ongoing prevention, intervention and education activities and events.

It is important that those struggling with an addiction know there are recourses available to them. Anyone can enter recovery and learn the skills to maintain sobriety. Services can range from in-patient treatment to self-help groups. Recovery is a personalized experience that address many facets of a person's life from his substance use to sober support network. The SAFE Inc. office offers a free community walk-in service that provides no cost assessment and referrals to substance abuse treatment and mental health programs. If you or someone you know is struggling with addiction or a mental health disorder please reach out to the SAFE Inc. office for additional community resources available.

For more information about the SAFE Glen Cove Coalition or other SAFE initiatives contact SAFE at: 516-676-2008 or visit the website at <http://www.safeglencove.org> or Facebook page at <http://www.facebook.com/safeglencovecoalition>. Additional information related to recovery month visit <https://recoverymonth.gov>.