



THE RECOVERY SPOTLIGHT

May 2024 Newsletter

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Watch Making it Home
A Series of Resilience

Making It Home

Stories of Resilience From Berlin, New Hampshire

Making It Home is a powerful video that showcases the incredible support available within our community. The Berlin Police Department, in collaboration with multiple agencies, is leading the charge to assist individuals dealing with substance use disorders and mental health challenges.

By working together, we can make a difference and ensure that no one faces these struggles alone. Remember, kindness and empathy go a long way. Let's continue supporting one another and building stronger, more resilient communities in NH



AT UN COMMISSION ON NARCOTIC DRUGS, SAM URGES MEMBER-STATES AGAINST INCAUTIOUSLY LIBERALIZING THEIR DRUG LAWS



Smart Approaches to Marijuana (SAM) President and CEO Dr. Kevin Sabet and Executive Vice President Luke Niforatos recently traveled to 5 countries, held 39 meetings, and had numerous pivotal health policy discussions with hundreds of people at the United Nations 67th Session of the Commission on Narcotic Drugs in Vienna, Austria, among other events.

“Recovery is an acceptance that your life is in shambles, and you have to change it.”

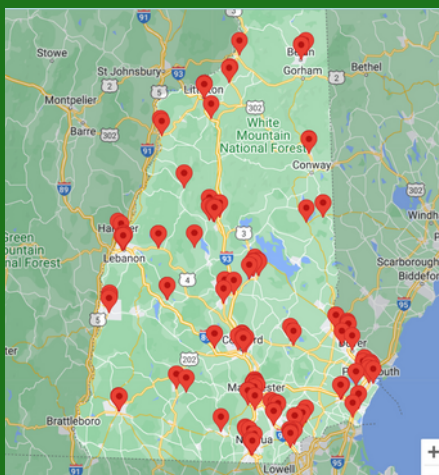


Jamie Lee Curtis
Actress

What people never understand is that depression isn't about the outside; it's about the inside.

JASMINE WARGA

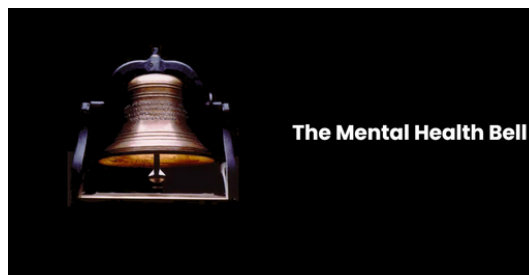
NH Drug & Alcohol Treatment Locator



Treatment agencies and individual practitioners offering substance use disorder services. The link lists treatment agencies and individual practitioners offering substance use disorder services.

If you are experiencing a medical emergency, please call 911. If you or someone you know is experiencing a substance use or addiction-related crisis, call 2-1-1.

Not too long ago, people with mental illness in our country were literally locked up in chains. Mental Health America (MHA) put a stop to this cruel practice when we melted down these inhumane bindings and recast them into what is now the symbol of MHA:



Today, the Mental Health Bell rings out in hope for improving mental health and achieving victory over mental illnesses. But there is still much work to be done to break the “invisible” chains of ignorance, fear, and neglect that surround mental health issues.

To that end, MHA is working hard, every single day, to overcome the silent stigma surrounding mental illnesses and shorten the gap between the first signs of mental health problems and getting help—well before the Stage 4 crisis point.

May is Mental Health Awareness Month

Mental Health Month | May 2024

WHERE TO START

Mental Health in a Changing World

The world is constantly changing – for better or for worse – and it can be overwhelming to deal with everything going on around you. While society is getting more comfortable discussing mental health, it can still be hard to know “Where to Start” when it comes to taking care of your own well-being.

Click here for the 2024 Mental Health Month toolkit provides free resources to help plan your efforts and raise awareness during the month of May and beyond.