



SEPTMBER IS RECOVERY MONTH in North Carolina

HOPE. HEALTH. HEALING.

Every Person. Every Family. Every Community.

Recovery
IS POSSIBLE.
IS REAL.
IS FOR
Everyone.



More than
900,000
North Carolinians
are in recovery.

They are our neighbors,
family, friends, coworkers,
and community members.



Recovery improves
health, well-being,
and quality of life—
and it helps build
stronger families and
stronger communities.



Investing in prevention,
treatment, and recovery
support saves lives
and reduces the
social and economic
costs of substance use.



Together, we can
create a North Carolina
where everyone has
the opportunity for
a healthy, meaningful
life in recovery.

THE NEED IN NORTH CAROLINA



1 in 10
adults in North Carolina
have a substance use
disorder.



Substance use
impacts families—
but recovery
brings them hope.



Drug overdose
remains a leading
cause of death.
Recovery saves lives.



Treatment and
recovery support
work. People
recover every day.



Recovery is not
just avoiding
substances.
It's building a better
life in every way.

Recovery Looks Like...

- ✓ Asking for help
- ✓ Getting support
- ✓ Staying connected
- ✓ Building a healthy life
- ✓ Giving back

RECOVERY IS FOR EVERYONE



We celebrate the strength and courage of
people in recovery and the families who
support them.



We honor the dedicated professionals and
peers who provide care and hope.



We remember those we've lost and
reaffirm our commitment to prevention,
treatment, and recovery for all.



You can make a difference—be kind,
be supportive, and help reduce stigma.



Share your voice. Share your story.
Help others know—recovery is possible.

HELP AND HOPE ARE HERE



TALK

Open up. Reach out.
You don't have to
face it alone.



CALL OR TEXT 988

24/7/365
Free. Confidential.
Always available.



CHAT ONLINE

988lifeline.org
Chat with a caring,
trained counselor.



FIND LOCAL HELP

Find treatment,
support groups, and
recovery services near you.
ncdhhs.gov/FindHelp



PEER SUPPORT

Connect with others
who understand.
You are not alone.

There is hope.
There is help.
There is
recovery.



RECOVERY BUILDS STRONGER COMMUNITIES.

Let's work together for a healthier, more compassionate North Carolina.

#RecoveryMonthNC #RecoveryIsPossible #HopeHealthHealing

NC RECOVERY
TOGETHER
A STRONGER NC



NORTH CAROLINA
Department of Health and Human Services
Division of Mental Health, Developmental Disabilities
and Substance Use Services

Learn more and get involved:
recovery.nc.gov



Together, we can build
a better future for
North Carolina.

