

October is National Substance Abuse Prevention Month

This month highlights the vital role of substance abuse prevention in both individual and community health, to remember those who have lost their lives to substance abuse, and acknowledge those in recovery, as well as the children, parents, family, and friends supporting them.

LEARN HOW TO

Talk with children, family & friends about drug use



starkmhar.org/help/drugabusetalkingpoints/

Effective prevention starts with an honest conversation. Talk with your loved ones about substance use today.

Follow Drug Free Stark County on Facebook!

Check Out Talking Points & Resources

Any day can be world World Mental Health Day

If you or someone you know is struggling with mental health challenges, understand that you are not alone. Learn more about Mental Health on our website! There you will find helpful information such as warning signs, how to help, and Care Network resources. The

Care Network can direct you to mental health services regardless of your ability to pay. Everyone deserves Mental Health help!

[Visit our mental health help page!](#)

Halloween is right around the corner

Sometimes the topic of mental health can be seen as "Scary." To destigmatize the conversation of mental health this October, sit down with your ghoul and goblin friends and read "**Let's Talk About It: A Graphic Guide to Mental Health.**"

This short comic was designed to destigmatize the conversation around mental health. Addressing everything from stress to anxiety to addiction, the book also looks at how the brain affects behavior, shares ways to stay mentally healthy, and directs readers toward resources for those who need help.



Download for FREE or order!

Workforce Scholarship now open!

The Recovery Workforce scholarship application is open until
November 10!

This scholarship is offered to individuals in recovery seeking to advance their education in a Mental Health, Alcohol or Drug related field. Applicants must be a Stark County resident with lived experience interested in working in the behavioral health field and advancing their education through enrollment in an accredited vocational, technical or college program. Scholarship applications from eligible applicants, with required narrative, should be submitted online. Only complete applications will be accepted.

Apply Today!

Follow us on social for mental health (& more) content!



You are receiving this eNewsletter because you, or your organization, works within the Stark County system of caring for children and families with mental health and/or addiction-related challenges, or because you have signed up to receive StarkMHAR updates.