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September is National Recovery Month

National Recovery Month is more than a calendar observance, it's a vital opportunity to recognize the power of recovery and the importance of accessible, compassionate support for all.

Why National Recovery Month Matters:

- **It breaks silence.** Talking about recovery reduces stigma around substance use and mental health challenges.
- **It honors strength.** Every recovery journey is a story of courage, growth, and resilience.
- **It spreads hope.** Recovery is not only possible — it happens every day, in every community.
- **It reminds us:** No one is alone.

Need Help?

CALL : 1-800-624-2593

Log On to the Member Portal

**Your company name is your username and password

How National EAP Can Help.

- ▶ **National EAP offers 24/7 services to help with substance abuse and recovery, including:**

- Confidential counseling services
- Referrals to treatment providers and recovery support
- Crisis intervention services
- Education and training on recovery prevention

Contact Us To Request Help

800-624-2593 | info@nationaleap.com

▶ **Wysa: Mental Resilience App**

- Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



▶ **Member Portal**

- Access timely articles, tip sheets, and expert guidance focused on substance abuse, recovery, including how to reduce the stigma, support others in recovery, and care for yourself through your own journey.
- Visit the member portal for valuable tools that promote emotional well-being and connection.



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