

What is National Recovery Month?

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance-use disorder to live a healthy, rewarding life. National Recovery Month reinforces the positive messages that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Treatments and supportive services

Individual paths to recovery vary; therefore, treatments and services for mental and substance-use disorders should be personalized. For many people with behavioral health problems, the most effective approach often involves a combination of counseling and medication. Treatments and supportive services are provided in a variety of locations, such as:

- Community behavioral health centers
- Substance-use disorder rehabilitation programs
- Independent providers
- Hospitals
- Community health centers
- Support groups and peer-run organizations
- Community-based organizations
- Schools
- Tele-behavioral or home-based services
- Inpatient service providers

Mobile apps

- [Ascent](#)
- [recoveryBox Addiction Recovery Toolbox](#)
- [Sober Grid](#)
- [SAMHSA Mobile Apps](#)

Tips from our docs

This month, our healthy tip is brought to you by **Jan Kovach, MD**, NMHC's Medical Director. Finding the right care when you need it most is important. If you've never seen a behavioral health provider before, you may not know how to find one who suits your specific needs. This information can help you find the right care.

What services do you need? Behavioral health providers are specially trained healthcare professionals. They focus on diagnosing behavioral health conditions and providing treatment. Their services depend on their training and specialty area. Depending on your needs, you might want to see one type of provider over another. It is a good idea to ask the provider questions about their specialty before making your appointment.

What should you consider when looking for a behavioral health provider?

- Your concern or condition.
- Whether you need medications, counseling, or both.
- If your selected provider is in the NMHC network. You can search for in-network behavioral health providers in our [online Provider Directory](#).

Tips for a successful provider visit

- Ask the provider as many questions as you need to. Finding the right match is crucial to establishing a good relationship and getting the most out of your treatment.
- Don't base your final decision about your provider on your first visit. During the following visits, you and your provider will go deeper into your specific needs. Then you can decide if you and your provider are a good match.

Additional resources

- [Substance Abuse and Mental Health Services and Administration \(SAMHSA\)](#)