



Find the answers in bold around the form.
Place the number by the correct question or fill in the blank.



What is a number you can call to talk to a mental health professional 24/7/365? _____

What is the number you can call to find local and regional resources? _____

Do you know a person that is in recovery? _____

What is the name of your County Health Council? _____

What is something present in every community that keeps people from seeking help for recovery? _____

What is the app available for free to students and their parents in your county school? _____

Where can you find NA Virtual Meetings? _____

Name one self-help activity that promotes your wellness. _____

Name the organization in Eastern NM that provides Mental Health Services to the 3 counties in LC Region 10. _____

Where can you find a regional website resource for recovery? _____

Where can you find online self-guided Help for Substance Use and Mental Health for New Mexicans? _____

What is the name of a recovery group in your county? _____

Name one thing you are grateful for. _____

Where can you find AA Virtual Meetings? _____

Where can you find an online global recovery community? _____

National Recovery Month is held each September to increase awareness and understanding of mental health and substance use disorders, celebrate the achievements of those in recovery, and promote accessible treatment and support services to ensure that recovery is a possibility for everyone.

Need more information about recovery? Go to <https://qchealthcouncil.org/>