

AN OUNCE OF PREVENTION

A monthly newsletter brought to you by A.C.T.I.O.N Coalition

***Working together to unite our community ***

Resources available



Naloxone Kits



Medicine Lock Boxes



TIPS Training



Medicine Bottle Timer Caps

OUR OFFICE IS CURRENTLY OPEN AND WE ARE AVAILABLE TO MEET THE NEEDS OF ANYONE IN OUR COMMUNITY WHO MAY NEED OUR SERVICES!

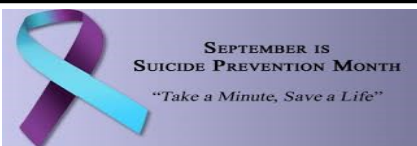
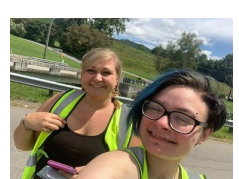


SEPTEMBER IS NATIONAL RECOVERY MONTH!! WE ARE HOLDING A RECOVERY WALK IN MOUNTAIN CITY ON 9/25 FOR ANYONE WHO WANTS TO PARTICIPATE! CONTACT DENISE OR MAGGIE AT 423-727-0780 FOR MORE DETAILS.



We will have these shirts, designed by our very own Maggie Hart who is in recovery herself, for sale to raise funds for National Recovery Month! If you are interested in purchasing one, please let us know. They will be \$10 each and the shirt itself will be purple, in honor of recovery month.

We held a roadblock on August 22 to raise money for National Recovery Month. We were able to raise \$1138, thanks to our awesome community!! Thank you to the volunteers who helped donate their time on this wonderful event!!



September is Suicide Prevention Month. Suicide is preventable. With help comes hope! The lifeline is free, confidential and always available. Please reach out for help!

The A.C.T.I.O.N Coalition is pleased to announce our partnership with Families Free in Johnson County! Together we offer a wide variety of services to those who are seeking recovery from substance use disorders. Families Free—www.familiesfree.com/mountain-city ACTION Coalition—www.actioncoaliton.org

**PEERhelp Warmline: 1-877-PEERHLP (733-7457)
Trauma Care Hotline: 1-800-273-8255
National Suicide Prevention Lifeline: 800-273-TALK (8255) National Hopeline Network: (800) 442-HOPE (4673) SAMHSA's National Helpline: (800) 662-HELP (4357)**