

September
2020



Your Health Matters

Westfield Regional Health Department

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Every September, SAMHSA (Substance Abuse and Mental Health Services Administration) sponsors National Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. [Click here to help reduce the stigma and misconceptions.](#)

SAMHSA

Substance Abuse and Mental Health
Services Administration

September is National Suicide Prevention Awareness Month

There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. [Click here to learn how we can all help prevent suicide.](#)



National Preparedness Month

National Preparedness Month is recognized each September to promote family and community disaster planning now and throughout the year. This year's theme is: **"Disasters Don't Wait. Make Your Plan Today."** [Click here to learn how to prepare before, during, and after emergencies.](#)



**Disasters Don't Wait.
Make Your Plan Today**

National Preparedness Month 2020

The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield