

# SEPTEMBER 2023

## A MESSAGE FROM NEWTON CCW

Newton CCW welcomes students and parents back to school, and encourages families to talk about two important topics during this time of transition.

September is National Recovery Month and National Suicide Prevention Month.

National Recovery Month emphasizes that recovery is possible for everyone. Treatment can save a life and can help people with substance use disorders recover from addiction's powerful effects on their brain and behavior. Treatment and recovery make it possible for individuals, families, and communities to heal and thrive.

National Suicide Prevention month is a time to remember the lives lost to suicide, the millions of people who have struggled with suicidal ideation, and acknowledge the individuals, families, and communities that have been impacted. It is also a time to raise awareness about suicide prevention and share messages of hope.

As a parent you can make a real difference by talking with your child about these issues and keeping the lines of communication open for continued conversations.

Check out these resources to help you talk about these two challenging topics:

[Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals](#)

[Answering Your Child's Tough Questions](#)

[Talking with Your Child About Marijuana: Keeping Your Kids Safe](#)

[Talking with Your Child About Opioids: Keeping Your Kids Safe](#)

[How to Talk to Your Child About Their Mental Health | NAMI: National Alliance on Mental Illness](#)



**Newton Coalition  
for Community Wellness**  
Addressing Substance Use with Care,  
Compassion and Connection

[www.newtonma.gov/NewtonCCW](http://www.newtonma.gov/NewtonCCW)