



## National Recovery Month Social Media Toolkit – Lake County

September is National Recovery Month. Throughout September, Lake County government will be posting about the many services available 24/7 to those experiencing problems related to emotional and mental illness or drug and alcohol addiction. These posts will be found on:

Facebook: [facebook.com/LakeCountyILGov/](https://www.facebook.com/LakeCountyILGov/)

Twitter: [@LakeCountyIL](https://twitter.com/LakeCountyIL)

We encourage you to interact with/share these posts. We put together some sample posts below that you are welcome to use on your social media channels.

### FACEBOOK

#### National Recovery Month

Recovery from mental and substance use disorders is real. Millions of people are in recovery, sharing hope, help and support. However, many more are still in need of treatment and recovery services. In Lake County, there are many services available 24/7 to those experiencing problems related to emotional and mental illness or drug and alcohol addiction.

In recognition of National Recovery Month, we ask that you help spread the word of the life-saving services we will be posting throughout the month. We've all been impacted in some way by mental health and substance disorders. Let's make it known that prevention works, treatment is effective, and recovery is possible. <https://content.govdelivery.com/accounts/ILLAKE/bulletins/209491c>  
#RecoveryMonth

**Crisis Care Program (Picture Below)**

The Lake County Health Department's Crisis Care Program offers a free, confidential hotline for anyone experiencing a mental crisis at (847) 377-8088. Crisis Care Program counselors are also available in person at 3002 Grand Avenue, Waukegan, Illinois. Those wishing to speak with a counselor can call or simply walk in, 24 hours a day, 7 days a week. #RecoveryMonth

# CRISIS CARE HOTLINE

**CALL (847) 377-8088**

**to speak with a mental  
health professional**

**24 HOURS A DAY  
365 DAYS A YEAR**



**LakeCounty**  
Health Department and  
Community Health Center

**Visit us in person at  
3002 Grand Avenue  
Waukegan, IL**

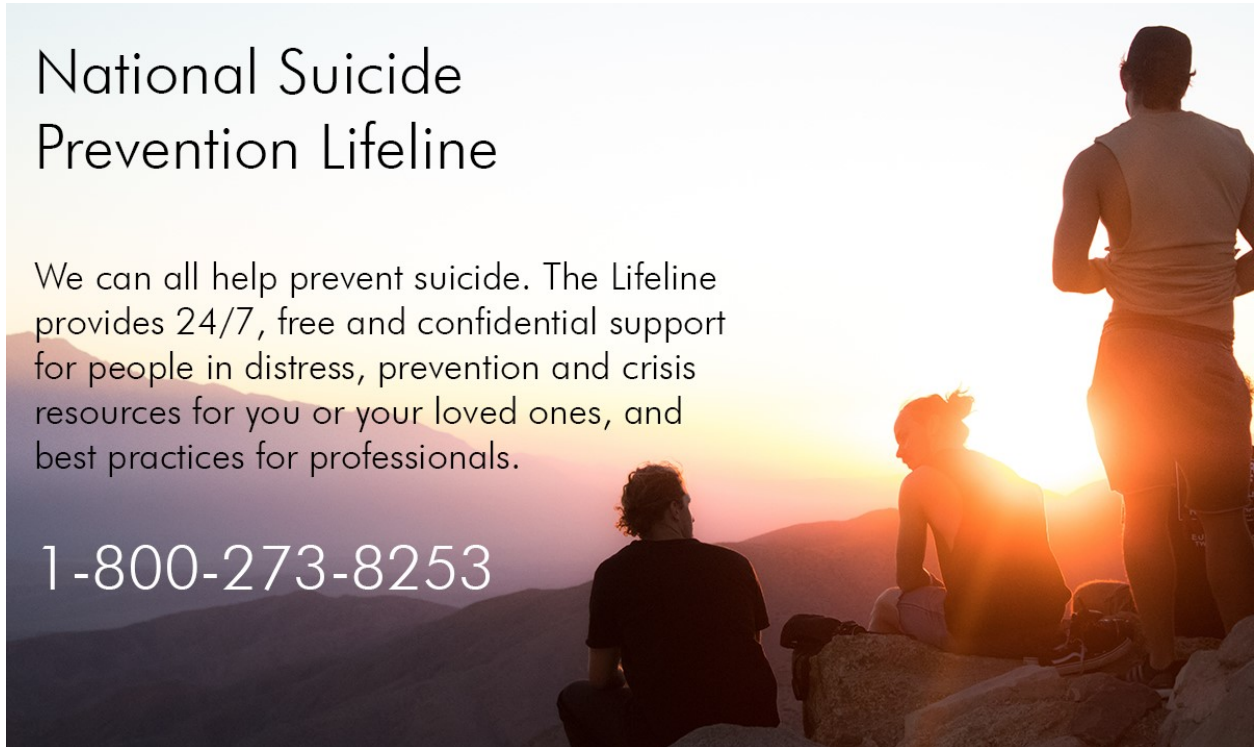
## National Suicide Prevention Hotline (Picture Below)

According to the Centers for Disease Control and Prevention (CDC), suicide is now the 10th leading cause of death in the United States, resulting in nearly 45,000 deaths in 2016 alone. Suicide is also the 10th leading cause of death in Lake County and is a growing public health problem that affects all genders and ages. The National Suicide Prevention Lifeline at (800) 273-8255 is a great resource for those in need. The Lifeline provides free, 24/7 confidential support. #RecoveryMonth

# National Suicide Prevention Lifeline

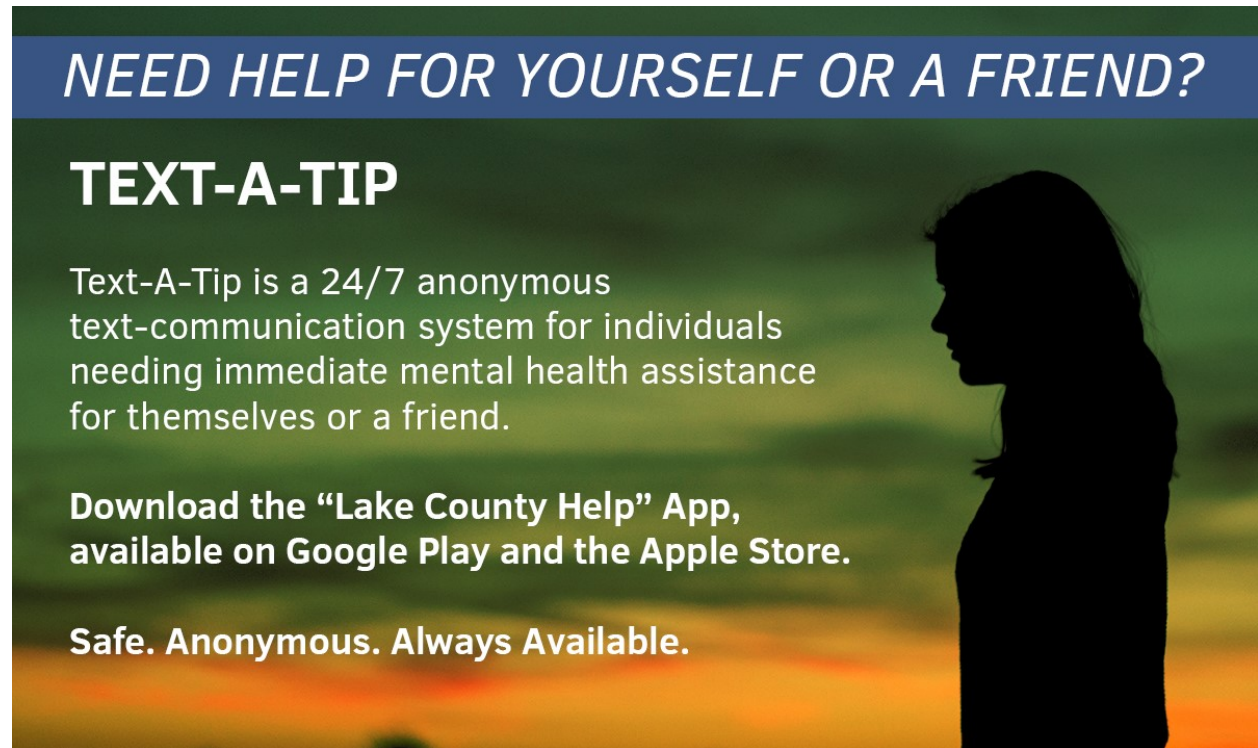
We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8253



### **Text-A-Tip (Picture Below)**

Tell your family about Text-A-Tip. Text-A-Tip is a 24/7 anonymous text-communication system for community members needing immediate mental health assistance for themselves or a friend. Download the “Lake County Help” app, available on the Google Play Store and the Apple Store. Within the app, select the 24/7 Text-A-Tip hotline where you will send a message to a dedicated number and receive an immediate response from a licensed clinician while remaining anonymous. [www.lakecountyil.gov/3437](http://www.lakecountyil.gov/3437)  
#RecoveryMonth



**NEED HELP FOR YOURSELF OR A FRIEND?**

## **TEXT-A-TIP**

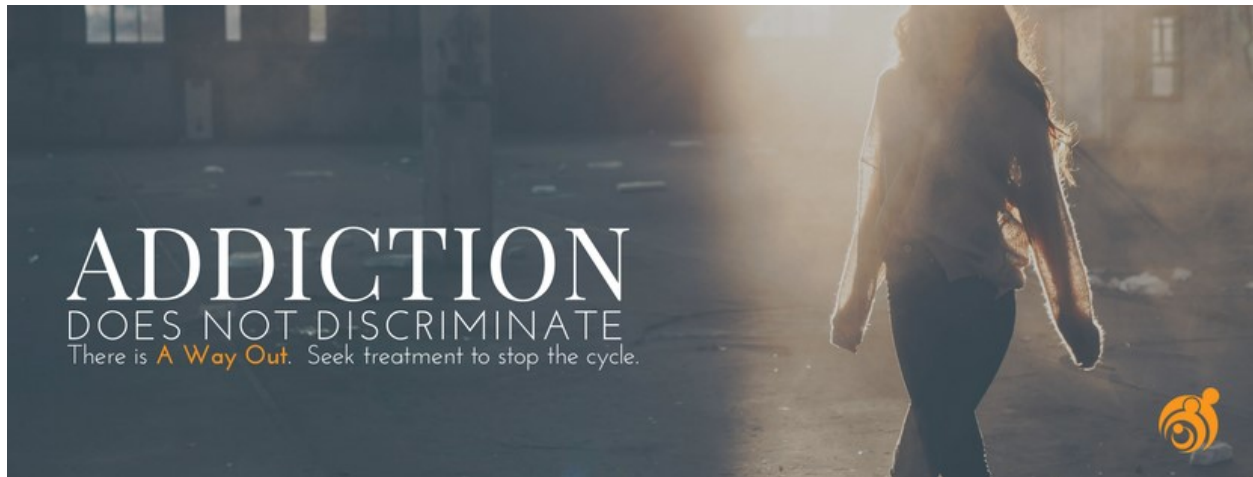
Text-A-Tip is a 24/7 anonymous text-communication system for individuals needing immediate mental health assistance for themselves or a friend.

**Download the “Lake County Help” App,  
available on Google Play and the Apple Store.**

**Safe. Anonymous. Always Available.**

### **“A Way Out” (Picture Below)**

Individuals who struggle with substance abuse can get directed quickly to treatment through a pilot program called “A Way Out.” The program is offered 24/7 at participating police departments in Lake County. Individuals, who possess narcotics or paraphernalia, can enter a participating police department and tell an officer they are requesting help will avoid criminal charges as long as the participant seeks assistance. <http://awayoutlc.org/> #RecoveryMonth



## Voices for Recovery

Across the country, people in recovery are celebrating their successes and sharing their stories with others in an effort to educate others about treatment, how it works, for whom, and why. Because these successes often go unnoticed, these personal stories, or Voices for Recovery, provide a vehicle for people to share their recovery stories. The Substance Abuse and Mental Health Services Administration (SAMHSA) invites those to join the voices of recovery by sharing their personal story.

<https://recoverymonth.gov/personal-stories> #RecoveryMonth



## Twitter

### Crisis Care Program

.@LakeCoHealth's Crisis Care Program offers a free, confidential hotline for anyone experiencing a mental crisis. Those wishing to speak with a counselor can call or simply walk in, 24 hours a day, 7 days a week. #RecoveryMonth

# CRISIS CARE HOTLINE

**CALL (847) 377-8088**

**to speak with a mental  
health professional**

**24 HOURS A DAY  
365 DAYS A YEAR**



**LakeCounty**  
Health Department and  
Community Health Center

**Visit us in person at  
3002 Grand Avenue  
Waukegan, IL**

## National Suicide Prevention Hotline

According to @CDCgov, suicide is now the 10th leading cause of death in the United States, resulting in nearly 45,000 deaths in 2016 alone. @800273TALK is a great resource for those in need. The Lifeline provides free, 24/7 confidential support. #RecoveryMonth

# National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8253





## **Text-A-Tip**

Tell your family about Text-A-Tip. Text-A-Tip is a 24/7 anonymous text-communication system for community members needing immediate mental health assistance for themselves or a friend.

[www.lakecountyil.gov/3437](http://www.lakecountyil.gov/3437) #RecoveryMonth

***NEED HELP FOR YOURSELF OR A FRIEND?***

## **TEXT-A-TIP**

Text-A-Tip is a 24/7 anonymous text-communication system for individuals needing immediate mental health assistance for themselves or a friend.

**Download the “Lake County Help” App,  
available on Google Play and the Apple Store.**



## “A Way Out”

Individuals struggling with substance abuse can get directed quickly to treatment through a pilot program called “A Way Out.” The program is offered 24/7 at participating police departments in Lake County. <http://awayoutlc.org/> #RecoveryMonth



## Voices for Recovery

Across the country, people in recovery are celebrating their successes and sharing their stories with others in an effort to educate others about treatment. @samhsagov invites those to join the voices of recovery by sharing their personal story. <https://recoverymonth.gov/personal-stories>



Everyone's story is different.

Share yours & join the voices for recovery.  
[recoverymonth.gov/personalstories](https://recoverymonth.gov/personalstories)