



NATIONAL PREVENTION WEEK

MAY 8-14
2022



Visit the NPW website to learn more about **#NPW2022** and how you can participate.

www.samhsa.gov/prevention-week

SAMHSA
Substance Abuse and Mental Health
Services Administration

WHAT IT'S ABOUT

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), NPW is a national initiative dedicated to increasing awareness of and action around substance use prevention and positive mental health.

NPW incorporates daily health themes to focus on pressing substance use topics. This year, SAMHSA's Prevention Day will take place virtually on Monday, May 9 to kick off NPW.

#NPW2022 DAILY THEMES



8th SUNDAY	9th MONDAY	10th TUESDAY	
<i>NPW Begins</i>	Strengthening Community Resilience: Substance Misuse and Overdose Prevention <i>SAMHSA's Prevention Day</i>	Preventing Substance Use and Promoting Mental Health in Youth	
11th WEDNESDAY	12th THURSDAY	13th FRIDAY	14th SATURDAY
Preventing Suicide: Everyone Plays a Role	The Talent Pipeline: Enhancing the Prevention Workforce	Prevention is Everywhere: Highlighting Efforts Across Settings and Communities	Celebrating Prevention Heroes <i>NPW Wraps Up!</i>

#MyPreventionStory

A WAY FOR EVERYONE TO GET INVOLVED

This year, SAMHSA is creating a new way for people to participate in NPW through **#MyPreventionStory**. It's a way to acknowledge our mental health and substance use prevention experiences throughout the pandemic.

We're encouraging everyone to create and share a prevention story on social media — whether it's telling us how and why you're helping to prevent substance use or sharing the ways you're taking care of your own mental health during COVID-19. Use the **#MyPreventionStory** hashtag so others can see, too. Tag a friend to encourage them to share too.

NEED SOME INSPIRATION?

HERE ARE SOME IDEAS FOR HOW TO PARTICIPATE:



Find and post a photo that reminds you why prevention is important. Tell us why.



Tell a story about how the COVID-19 pandemic changed the way you think about prevention.



Create a visual work of art (like a painting or drawing) about something that inspires or motivates you. Explain your choice.



Share a poem about what prevention means to you.



Post a video of you doing something that supports your mental health.

Post on your organization's social channels and your personal accounts. Then, share the activity with others in your community so they can get involved, too.

Visit www.samhsa.gov/prevention-week to learn more and find inspiration for ways to incorporate **#MyPreventionStory** into your **#NPW2022** plans.