

# WHY IS RECOVERY DAY IMPORTANT?

Did you know that September is Recovery month in Canada?

Since 2012, a network of people in recovery, families, service providers and entire communities have come together to celebrate RECOVERY.

Thousands of individuals are affected by substance use disorder and may never receive the support they need leaving hundreds of Canadians die each month. While there is no cure for addiction, there is a solution. Together, we build awareness, challenge societal stigma and above all else show our community that recovery is real, attainable and sustainable.

Join us in Winnipeg as we celebrate Recovery Day, you never know it just might save a life!

## National Statistics

3.3 million people die each year due to the harmful use of alcohol

350,000 people die from alcohol and drug use disorders

Only 14% of people who meet the criteria for a drug use disorder receive any form of treatment for it

## What Is Stigma?

The stigma around substance use is one of the biggest barriers for people seeking and receiving treatment for addiction. Stigma is often displayed in forms of discriminatory attitudes, beliefs, and behaviors.

Stigma is a significant barrier to getting help for those with substance use disorder or who have used substances in the past.

As a society, the words we use to describe people and their health conditions influence and reflect our attitudes and approaches to helping them. Language evolves and continuously adapts to respond to changes in society's values and understanding of oppression in our culture.

International studies by the World Health Organization show that people with alcohol and drug use disorders are among some of the most stigmatized of all health conditions.

Together, we will change the narrative. *(Source: CCSA, 2022)*