



## NATIONAL PREVENTION WEEK 2018 MENTAL AND/OR SUBSTANCE USE DISORDERS

**Action Today. Healthier Tomorrow.**



**National Prevention Week**, May 13 – 19, is dedicated to increasing public awareness of, and action around, mental and/or substance use disorders. Sponsored annually by the Substance Abuse and Mental Health Services Administration ([SAMHSA](http://www.samhsa.gov)), the week is dedicated to involve communities, foster partnerships and promote quality behavioral health resources and publications.

The 2018 theme is *Action Today. Healthier Tomorrow*, and offers up a public prevention challenge titled “Dear Future Me”. What would you say to your future self about what you are doing today to ensure a healthier tomorrow?

### Participate in the National Prevention Week Prevention Challenge

1. Write a letter or draw a picture about the choices you are making to live a happy, healthy life.
2. Take a picture of your letter or record yourself reading your letter.
3. Share it on social media using the hashtags: #DearFutureMe and #NPW2018.
4. Share any of the [Dear Future Me videos](#) on social media to encourage others to participate.



**Read more at**  
[www.samhsa.gov](http://www.samhsa.gov)