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

www.samhsa.gov/prevention-week
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.

#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.