

**NATIONAL  
PREVENTION  
WEEK**  
A CELEBRATION OF POSSIBILITY



**TELL US YOUR**

**#MyPreventionStory**

**#MyPreventionStory**

is a way for us to acknowledge our mental health  
and substance misuse prevention experiences.

Year-round, we encourage individuals and organizations to create and share a prevention story on social media—whether it's telling how they are helping to prevent substance misuse or sharing the ways they're promoting mental health.

Be a part of the national conversation that celebrates prevention by using the hashtag **#MyPreventionStory!**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# #MyPreventionStory

## HOW YOU CAN PARTICIPATE

**#MyPreventionStory** is about capturing our collective mental health and substance misuse prevention experiences. Here are some ideas for how organizations and individuals can participate. This is not a complete list and entries of all types are welcome, including, but not limited to, videos, photographs, artwork, poems, and written stories — we want you to share your story in whichever medium feels most authentic to you. Feel free to submit multiple stories.

## EASY WAYS TO PARTICIPATE



Make a short video of a member of your organization or community sharing a story that exemplifies the importance of prevention. This could be a leader in your organization, a young person in your community, or anyone with a particularly powerful prevention, treatment, or recovery story.



Share a compelling, original video or photo that illustrates why prevention or mental health promotion is so important. Include a brief explanation for context.



Create a visual work of art—like a group painting or collage—then share a picture of the finished product and explain its meaning. For example, individuals could paint one thing that inspires their prevention efforts as part of a large group mural.



Ask a leader in your organization or community to write a short statement about how the COVID-19 pandemic changed their perspective on the importance of prevention and positive mental health.

## PROMPTS AND THOUGHT STARTERS

Below you'll find a series of prompts and thought starters that can help inspire **#MyPreventionStory** ideas.

- What does prevention and/or recovery mean to you?
- Why is prevention important?
- How do you take care of your mental health?
- Why did you get involved in prevention?
- Why is it important to promote positive mental health?
- What is the most important thing you would want people to know about prevention and/or recovery?
- What do you love most about the prevention and/or recovery community?
- Who inspires you to take care of your mental health?



Upload your story to social media and use the hashtag **#MyPreventionStory** to join the online prevention conversation!



Please reach out to the National Prevention Week Coordinator, David Wilson, at [david.wilson@samhsa.hhs.gov](mailto:david.wilson@samhsa.hhs.gov) with any questions!

*Thank You, for sharing your story.*