



# August 2025

Coming in AUGUST

8/5 RECOVERY  
UNIVERSITY

8/14 NO BOARD  
MEETING

8/29 NO LIMITS  
LIVESTOCK SHOW AT  
NOBLE CO FAIR

**Overdose Awareness  
Day:  
Every Life Matters.  
Every Story Deserves  
to Be Heard.**



# Muskingum Area Mental Health & Recovery Services Board

There's a lot we don't talk about when it comes to overdose. Like the fact that behind every statistic is a real human—a son, daughter, parent, friend, neighbor—whose life was interrupted by something bigger than themselves.

August 31st is International Overdose Awareness Day, and it's not just a date on a calendar. It's a global movement to remember those we've lost, support those who are grieving, and fight like hell for those still here. It's a moment to stop whispering about overdose and start speaking up with honesty, compassion, and purpose.

Addiction doesn't discriminate. It doesn't care about your zip code, your degrees, or how good your family is at pretending everything's fine. And overdose? It's not a moral failure. It's not weakness. It's a public health crisis. A preventable one.

What can we do?

1. Carry Narcan. It saves lives. No judgment, no questions, just readiness.
2. Talk about it. Say the names. Share the stories. Break the silence that shame feeds on.
3. Check your language. Words matter. Swap “addict” for “person with substance use disorder.” It's not just PC—it's respectful.
4. Support recovery. It's not a straight line. It's a messy, beautiful fight, and it deserves all the support we can give.

On August 31st, we remember those who are no longer with us. We hold space for those living in the weight of grief. And we recommit to creating a world where help is easier to find than a hit, and where no one has to struggle in silence.

Wear purple. Light a candle. Say a name. Show up. Because every single life is worth it.

Always.

