



FAIRFAX - FALLS CHURCH

Community Services Board

August 2020

Wellness, Health Promotion, and Prevention



International Overdose Awareness Day is August 31st

Let's do our part to raise awareness of overdose, help reduce the stigma of drug-related deaths, have discussions about prevention, and provide support to family, friends, colleagues, neighbors, and our community.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering mask. Stay Safe.</p>					1 Research the topic of addiction and overdose
2 Help raise awareness and reduce stigma in your community	3 Run a 5K in memory of someone	4 Learn how to dispose of medication safely*	5 Hold a memorial service to remember a loved one	6 Plant a tree in someone's name	7 Share facts on social media about preventing overdose	8 Provide a medication lock box to a friend or neighbor*
9 Give someone information about getting help and support *	10 Lock medications, firearms, and other weapons*	11 Attend a support group meeting or engage in a self-care activity	12 Talk with loved ones about prevention	13 Listen to a speaker talk about addiction	14 Attend an Opioid Misuse Prevention Presentation	15 Listen to someone's recovery story
16 Hold a candlelight vigil for a loved one.	17 Sign up for a Mental Health First Aid (MHFA) class*	18 Make an appointment or drive someone to services	19 Sign up for a virtual REVIVE! training*	20 Call someone in need and let them know you can listen	21 Explore the local Community Services Board's services*	22 Think of ways you can advocate for change
23 Support someone in need any way you can	24 Sign up for a Youth Mental Health First Aid (YMHFA) class*	25 How can you and your colleagues can make a difference?	26 Talk with your pediatrician or physician about prevention	27 Join the Fairfax Prevention Coalition*	28 Write a letter or poem to a loved one	29 Tell a friend about the REVIVE! training
30 Tell someone your story	31 International Overdose Awareness Day	<p>*Revive: www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive *Learn how to dispose of medication safely: knowrx.org/throw-out *Lock and Talk: www.fairfaxcounty.gov/community-services-board/prevention/lock-and-talk *MHFA and/or YMHFA: www.fairfaxcounty.gov/community-services-board/training/mental-health-first-aid *Fairfax-Falls Church CSB: www.fairfaxcounty.gov/community-services-board Learn about addiction, prevention, treatment, and recovery: www.fairfaxpreventioncoalition.org International Overdose Awareness Day: www.overdoseaday.com</p>				