

Substance Use Prevention Month *with Lucet*

October 2023

Follow Lucet on social media to see our Substance Use Prevention Month 2023 content and share it on your account. You can also follow the steps below to post from your own account.

LinkedIn: [linkedin.com/company/lucethealth/](https://www.linkedin.com/company/lucethealth/)

Facebook: [facebook.com/LucetHealth/](https://www.facebook.com/LucetHealth/)

Twitter: twitter.com/LucetHealth/

Create posts on your social media accounts

1. Log in to one of your active social media channels to create a post.
2. Choose one of Lucet's Substance Use Prevention Month assets from the list below.
3. Copy the content (including the hyperlink) and paste it into the social post editor.
4. Under the content below, open the link to the corresponding graphic, save it, and upload to your post to accompany the caption.
5. Be sure to include the following hashtags in your caption:
#SubstanceUsePreventionMonth #SupportSobriety
6. Post!

Share Tips

1. Addressing Employees with a Substance Use Disorder

Managers play a key role in the lives of employees and can help if they are showing signs of a substance use disorder (SUD). Here's what to look for to **#SupportSobriety**. If you or someone you know needs help with a SUD, call the Substance Use and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357.

<https://lucethealth.com/members/resources/addressing-employee-substance-use-disorder/>

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Use image: <https://23190008.fs1.hubspotusercontent-na1.net/hubfs/23190008/Awareness-Substance%20Use/Social%20-%20Addressing%20Employees%20with%20a%20Substance%20Use%20Disorder.png>

2. Is Alcohol Hurting You or Someone You Know?

Alcohol is perhaps the most socially accepted drug in our culture—it's also the most common type of substance use disorder (SUD). Learn the signs that alcohol use has become a "must-have." If you or someone you know needs help with a SUD, call the Substance Use and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357. <https://lucethealth.com/members/resources/alcohol-hurting-you-someone-you-know/>

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Share Articles

1. Fentanyl: A Skyrocketing Threat

Once hailed as a “miracle” painkiller when it was first developed in 1960, fentanyl is now responsible for over half of all overdoses in the U.S. Learn how you can help someone who has been exposed to an unsafe level of the world’s deadliest drug. If you or someone you know needs help with a substance use disorder, call the Substance Use and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357. <https://lucethealth.com/members/resources/fentanyl-skyrocketing-threat/>

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2. All or Nothing: Life in Recovery by Erin Abelson

Lucet Certified Peer Support Specialist, Erin Abelson, once faced a challenge that is all too common in the U.S.: addiction. Read Erin’s personal story of living with substance use disorder (SUD), how it shaped his life today, and his words of wisdom for those who haven’t yet reached sobriety. If you or someone you know needs help with a SUD, call the Substance Use and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357.: <https://lucethealth.com/members/resources/all-or-nothing-life-in-recovery/>

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Share Poster

1. Support Sobriety—General + Poster

Addiction and its devastating effects on quality of life touch almost every one of us in one way or another. With the right knowledge and resistance to stigma, we can **#SupportSobriety**. October is Substance Use Prevention Month — help us spread the facts about substance use disorder (SUD) and educate others about how to help. You can print, distribute or share via social media the materials in our toolkit during October and all year long.

If you or someone you know needs help with a SUD, call the Substance Use and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357.

#SubstanceUsePreventionMonth

<https://lucethealth.com/members/resources/substance-use-toolkit/>

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