

# Are you in Recovery from a Substance Use Disorder?

## You are invited to submit a VIDEO

# Share your story!



## #NorthCountrySpeaksRecovery

### Submit Your Recovery Video

for the Social Media Series on April 22-26, 2019!

Go to this link to submit  
your 3-5 minute video:  
<http://bit.ly/NCSpeaksRecovery>

**By April 12, 2019**

Your video should discuss the following:

- What is the length of time that you have been in recovery?
- What does recovery means to you?
- What does your recovery look like today?

Questions? Contact Heidi Ballentine at  
[hballentine@nchnh.org](mailto:hballentine@nchnh.org) or call 603-259-1744

Find us on 

Your Video will...

reduce stigma,  
create a unified recovery  
voice in the North Country &  
empower others to speak out!

## #NorthCountrySpeaksRecovery

Tune in to North Country Health Consortium's Facebook page during the week of April 22-26 to join the Recovery Conversations and to learn about recovery pathways, local resources, and other information! Be sure to catch the lunchtime local recovery video at noon each day!

Support for this event is provided by:

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Leading innovative collaboration to improve  
the health status of Northern New Hampshire.