



# Strong as One. Stronger Together.

## Get Involved in SAMHSA's National Prevention Week 2016!

Beginning **Sunday, May 15**  
through **Saturday, May 21**,  
Join in and prevent mental  
and substance use disorders.

[NPW@samhsa.hhs.gov](mailto:NPW@samhsa.hhs.gov)  
[www.samhsa.gov/prevention-week](http://www.samhsa.gov/prevention-week)

### 2016 Daily Health Themes

**Monday, May 16**

**Prevention of Tobacco Use**

**Tuesday, May 17**

**Prevention of Underage Drinking  
& Alcohol Misuse**

**Wednesday, May 18**

**Prevention of Prescription  
& Opioid Drug Misuse**

**Thursday, May 19**

**Prevention of Illicit Drug Use  
& Youth Marijuana Use**

**Friday, May 20**

**Prevention of Suicide**

**Saturday, May 21**

**Promotion of Mental Health & Wellness**

