



PAWNEE NATION
BEHAVIORAL HEALTH

Healing Rooted in Culture

A Community Guide to Hope, Healing & Recovery

September is National Recovery Month—a time to celebrate the strength of individuals in recovery, support families, reduce stigma, and recognize that healing is possible for everyone.

learn more here →

pawneenationbh.com/recovery

What Is Recovery?

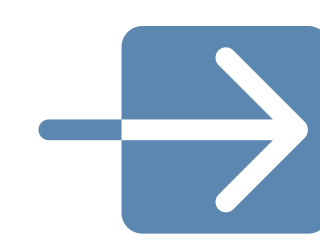
Recovery is a personal journey of improving health and wellness, living a self-directed life, and striving to reach one's full potential.

Every recovery journey looks different.

For some, recovery means overcoming substance use.

For others, it may include improving mental health, rebuilding relationships, or finding new ways to cope with life's challenges.

There is no "right" way to heal.



Recovery Begins With Hope

Healing starts with one conversation.

One phone call.

One decision to ask for help.

Recovery is possible because people heal every day—with support, understanding, and access to compassionate care.

MYTHS & FACTS

MYTH

People have to hit "rock bottom" before they can recover.

FACT

Early support often leads to better outcomes.

MYTH

Addiction is a choice.

FACT

Substance use disorder is a treatable health condition.

MYTH

Recovery happens alone.

FACT

Recovery is strengthened through supportive relationships and community.



Healing Is Stronger Through Connection

Healing isn't only about treating symptoms. It also means feeling connected.

Connection may include:

- Family
- Friends
- Community
- Culture
- Healthy Routines
- Trusted Professionals
- Spiritual or Personal Values

Everyone's sources of strength are different, and honoring those strengths can support lasting wellness.

How You Can Support Someone in Recovery

- **Listen**
Create space for honest conversations without judgment.
- **Encourage**
Celebrate progress—even small steps matter.
- **Learn**
Understanding behavioral health helps reduce stigma.
- **Stay Connected**
Recovery is a journey that benefits from ongoing encouragement and support.



Scan for more
NRM information

Signs It May Be Time to Reach Out

If you or someone you care about is experiencing challenges related to mental health or substance use, seeking support can make a difference.

- Feeling overwhelmed or hopeless
- Changes in mood or behavior
- Increased substance use
- Withdrawal from friends or family
- Difficulty managing daily responsibilities
- Concerns raised by loved ones

You don't have to wait for a crisis to ask for help.



PAWNEE NATION
BEHAVIORAL HEALTH

Local Support in Pawnee & Beyond

We provide compassionate, culturally respectful behavioral health services designed to support individuals, families, and our community.

918-212-0344

1204 Heritage Cir,
Pawnee, OK 74058

www.pawneebh.org

- Individual Counseling
- Family Support
- Substance Use Services
- Prevention & Education
- Community Resources
- Referrals