



## **Trillium sponsoring recovery run 5K Saturday**

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Trillium is helping to sponsor the fourth annual Run for Recovery 5K Race which will be held Saturday at Spartan Elite 365 Training Facility in Roanoke Rapids.

There will be food, recovery resources, music, a moment of silence for those who have lost their lives to addiction as well as testimonials.

Sign-up for the race can be found at [this link](#)

Other events in Trillium's service region include the Youth and Adult Training Mental Health First Aid Community Training event which will be held virtually on September 26 and 28. A link to that event [can be found here](#)

The NAMI Walks Wilmington event will be held September 30.

September is a month of hope and healing, Trillium said. "National Suicide Prevention Month is our annual reminder that we all have a role to play in supporting ourselves and others. It is the mission of this campaign to ensure our families, friends, and neighbors have access to the resources to discuss suicide prevention and to seek help. "

Trillium is joining with One Community to spread the message of the 988 Suicide & Crisis Lifeline. "Whether at the beach, pool, or the park, you can help raise awareness of the 988 Lifeline and remind your neighbors they matter with this year's 988 towel."

Reservations for towels can be found at [this link](#)

September is also National Recovery Month. "Recovery is possible for anyone," Trillium said. "National Recovery Month shares the message that the right treatment, support, and resources can pave the path of recovery. We all can help support individuals recovering from mental health and substance use disorders."

Trillium's Training Department will also hold two Question, Persuade, and Refer seminars this month on September 19. "Just as people trained in CPR and the Heimlich maneuver help save lives, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to get help."

The free training will take place at 9 a.m. and 7 p.m. and will last 1.5 hours. Registration can be found at [this link](#)