



## **NAMI** In Our Own Voice National Alliance on Mental Illness

A 60-minute interactive, comprehensive presentation that showcases the lived experiences of two adults living with mental illness. In Our Own Voice is recovery oriented and aims to change negative attitudes, assumptions, and stereotypes about living with a diagnosis of mental illness.

**Offered at no cost.**

### **What to expect from a presentation:**

- Three short videos take you into the lives of individuals living with mental illness
- Presenters briefly relate their own experience with each topic and then open discussion to the audience
- Appropriate discussion questions are raised and encouraged regarding each topic
- Topics covered: What Happened, What Helps, and What's Next
- A take-home packet is provided with fact sheets and additional resource materials

In Our Own Voice presentations are generally a 60-minute presentation, however, it can be tailored to your needs and timing. We can come to your venue or present via Zoom.

To schedule a presentation  
or become a presenter  
contact the Program Coordinator

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