"Participating in IOOV is the single most effective thing I am doing to maintain my mental health. I know I am changing the face of mental illness and that I have transformed my pain into power to make a difference."

NAMI In Our Own Voice Presenter

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

NAMI In Our Own Voice

- Available in 44 states in the U.S.
- Available in some communities in Spanish as En Nuestra Propia Voz de NAMI.

To locate or schedule a presentation, or for information on becoming a presenter, visit nami.org/local and contact the NAMI Affiliate in your area.

www.nami.org/ioov

NAMI Helpline:
800-950-NAMI or info@nami.org

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402
Phone: (650) 638 0800
www.namisanmateo.org

NAMI
National Alliance on Mental Illness

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NAMI
National Alliance on Mental Illness

In Our Own Voice

An Interactive Presentation About Mental Health

"This was incredible and something that should be shared as much as possible. The presenters were wonderful and so brave! This will help me be much more understanding and compassionate to people with mental illness."

NAMI In Our Own Voice
Audience Member

NAMI In Our Own Voice

An interactive presentation that provides insight into what it's like to live with mental illness.

Mental illness affects one in four Americans annually yet misunderstanding surrounding these conditions still persists. NAMI In Our Own Voice challenges these misperceptions.

Using their personal stories, NAMI In Our Own Voice presenters walk you through their experiences with mental illness. They take you from the early onset of symptoms to how they are today, and everything in between.

We give our audience a safe place to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we help grow the movement to build better lives.

What should I expect?

- Engaging presentation with video and discussion.
- Free of cost to participants.
- Led by trained individuals who live in recovery with mental illness.
- No specific medical therapy or medication is endorsed or recommended.

Why should I attend?

- Gain insight into the daily experience of living with mental illness.
- Recognize that mental illnesses are treatable medical conditions.
- Discover that recovery is possible.
- See people living meaningful lives, beyond stereotypes.
- Discuss questions in a safe environment.
- Learn the importance of getting involved to help yourself and others.