

NAMI In Our Own Voice

NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, 90-minute presentation.

What You'll Gain

NAMI In Our Own Voice adds a critical perspective to the popular understanding of what people with mental illness are like. Going to this presentation will provide you:

- A first-hand account of what it's like to live with a mental illness. Presenters humanize this misunderstood topic by demonstrating that it's possible—and common—to live well with mental illness.
- A chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispel stereotypes and misconceptions.
- The understanding that every person with a mental illness can hope for a bright future.

What People Are Saying

“Amazing presentation with amazing presenters! You 100% erased any stigma I used to associate with mental illness.”

“Several of the mental health staff stated that they saw recovery as a real option—for the first time ever.”

“Participating in the IOOV program is the single most effective thing I am doing to maintain my mental health. Time after time I see the audience respond with curiosity and interest. I know I am changing the face of mental illness and that I have transformed my pain into the power to make a difference.”

Schedule An IOOV Presentation

If you would like to host a NAMI In Our Own Voice presentation, **contact your local NAMI (/Find-Your-Local-NAMI)**. If the presentation isn't already available, ask to bring it to your community.