



National Alliance on Mental Illness

Massachusetts

ABOUT US

NAMI Massachusetts is a state organization of the National Alliance on Mental Illness (NAMI), a nonprofit grassroots organization dedicated to improving the lives of people living with mental health conditions and their families.

NAMI Massachusetts works to raise awareness and provide essential education, advocacy, and support for people and families across the state who are impacted by mental health conditions.

“I learned more about mental health conditions from these generous people than from any book I have read.”

CONTACT US

For more information, or to schedule an IOOV presentation, please contact:

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IN OUR OWN VOICE

Community Education Program



National Alliance on Mental Illness

Massachusetts



What is “In Our Own Voice?”

In Our Own Voice (IOOV) is a powerful presentation that aims to change attitudes, assumptions, and stereotypes about people living with mental health conditions. Two trained presenters with lived experience of a mental health condition talk openly about their experiences and how they have found pathways to hope and healing. Three short video segments include the stories of eight additional individuals. Audience members have the opportunity to ask questions, learn more about mental health, and challenge misconceptions.

IOOV is free of charge and is appropriate for diverse audiences, including mental health professionals, students, educators, people living with mental health conditions and their families, and the general public. IOOV presentations frequently take place at workplaces, universities, high schools, hospitals, law enforcement trainings, community organizations, and more.

OFFERED IN-PERSON OR VIRTUALLY

AUDIENCE TESTIMONIALS

“Everything you said was so informative from your recovery story. It makes me feel like I can do it too.”

- Patient in psychiatric inpatient unit

“Being able to hear from someone who has dealt with their own mental health issues is extremely powerful.”

- Law enforcement officer

“I thought it was so helpful for our students to hear messaging that destigmatizes mental health issues and tells a story that many will relate to.”

- Educator