

## What is NAMI In Our Own Voice?

NAMI In Our Own Voice is a unique public education program in which presentations consist of two trained speakers sharing their compelling personal stories of living with mental health challenges and achieving recovery. Audiences range from individuals living with mental health challenges, students of all ages, law enforcement officials and faith community members to veterans and service providers.

While audiences benefit from the inspirational stories of the speakers, presenters increase their confidence, and develop leadership skills through helping to inspire and motivate others.

NAMI Keystone Pennsylvania, the official state NAMI organization in Pennsylvania, can offer the NAMI In Our Own Voice presentation to your group or organization. Visit our website at [www.namikeystonepa.org](http://www.namikeystonepa.org) to learn more about this presentation and other NAMI programs.

**YOUR  
STORY  
MATTERS!**

**Changing  
attitudes,  
changing  
lives.**



## Audience Perspectives

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

“[In Our Own Voice] is helpful for people to understand the impact that symptoms of mental illness have on a person’s life. The presentation has also given me a better understanding of the scope of recovery.

Contact us to schedule a NAMI In Our Own Voice Presentation for your organization!

## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Keystone Pennsylvania and dedicated volunteers, members, and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.