

IN OUR OWN VOICE & STAMP OUT STIGMA

Transitions-Mental Health Association



In order to reduce stigma and promote wellness and recovery throughout our community, it's necessary to provide education and insight into what it's like to live well with a mental illness. Transitions-Mental Health Association offers two types of peer-driven advocacy and educational outreach programs, *In Our Own Voice* and *Stamp Out Stigma*.

In both styles of presentation, one or several people with lived experience of mental illness will share their personal stories with the audience, discussing their struggles and their journey to recovery. Through these powerful stories, the audience is able to see beyond the diagnosis and recognize the presenters for who they are – strong, resilient, competent members of our community.

NAMI's (National Alliance on Mental Illness) *In Our Own Voice* uses an interactive, multimedia approach that couples a video with our presenters' stories to provide a powerful overview of the journey to recovery. Together, they cover combinations of treatment, support, and activity that have allowed them to move forward with their lives, gaining independence and self-determination along the way.

Stamp Out Stigma is a panel discussion that can be molded to cover any topic that the audience is interested in. After sharing their personal stories, the panel will open the conversation up to the audience and will allow questions to be asked freely. This open and candid conversation allows for a very powerful exploration of what it means to live well with a mental illness.

These presentations can be tailored to fit any audience, and we routinely speak to local schools, colleges and universities, law enforcement agencies, healthcare providers, community groups, civic organizations, and faith communities.

In Our Own Voice and *Stamp Out Stigma* are funded locally by the Mental Health Services Act. Please call to schedule an *In Our Own Voice* or *Stamp Out Stigma* presentation.

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