

In Our Own Voice

Your Story of Recovery with Mental Illness

Would you like to help reduce stigma, change people's view of mental illness and inspire others by sharing your story of recovery?

NAMI NH is looking for individuals between ages 18 and 26 to share their story

[Applications by 12/21/2020](#)



The Training consists of 8 hours self-paced online training and 8 hours of facilitated virtual (Zoom) training
01/16/2021

***In Our Own Voice* presenters offer insight to recovery by sharing their story**

The IOOV presentations are held to broaden people's knowledge of mental illness. It replaces misunderstanding, fear and judgment with insight, awareness and acceptance of mental illness.

The training provides insight on:

- How to write your story
- How to prepare for a presentation
- How to modify your story for specific audiences

Those that complete the training will receive \$100 !

For more information, please contact

Tricia Ellis, IOOV Coordinator

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National Alliance on Mental Illness

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