

# 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 personal story of recovery and resilience.



The free training under the GLS Grant consists of 8 hours of self-paced online training and 8 hours of facilitated virtual (Zoom) training  
1/14/2023

Please complete the application here:

<https://naminh.wufoo.com/forms/m254dqq07zjvzz/>

### **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

For more information, please contact

Michelle Wagner, IOOV Coordinator: [mwagner@naminh.org](mailto:mwagner@naminh.org)

Receive \$40 upon successful completion of the training!

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 **NAMI** | New Hampshire  
National Alliance on Mental Illness

85 N. State Street, Concord, NH 03301 • (603) 225-5359 • [www.NAMINH.org](http://www.NAMINH.org)