



nami

National Alliance on Mental Illness

NAMI Barrington Area

NAMI Cook County North Suburban

NAMI Elk Grove-Schaumburg

NAMI Hanover Township

NAMI McHenry County

NAMI Northwest Suburban

In Our Own Voice

A unique public education program in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. Groups and organizations can arrange for a presentation by calling one of the numbers below .

Arlington Heights &
surrounding areas

Call NAMI Northwest Suburban for info and to schedule a presentation: (847) 899-0195.

Elk Grove
Village/Schaumburg
and surrounding
areas

Call Carol at NAMI Elk Grove-Schaumburg for info and to schedule a presentation: (847) 352-6708.

Evanston-Park Ridge
& surrounding areas

Call NAMI Cook County North Suburban for info and to schedule a presentation: (847) 716-2252.

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families.

NAMI Barrington Area ■ (847) 496-1415 ■ www.namibarringtonarea.org

NAMI Cook County North Suburban ■ (847) 716-2252 ■ www.namiccns.org

NAMI Elk Grove-Schaumburg ■ (630) 302-2530 ■ www.namiegsch.org

NAMI Hanover Township ■ (630) 736-2823 ■ web.nami.org/hanover

NAMI McHenry County ■ (815) 344-8300 ■ www.namimchenrycounty.org

NAMI Northwest Suburban ■ (847) 899-0195 ■ NAMINWSub@aol.com



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General Information

What It Is:

- A **presentation** by consumers that creates awareness about what is involved in recovery from mental illness.
- A **powerful anti-stigma tool** to change hearts, minds, and attitudes about mental illness.
- An **opportunity for consumers** to gain self-confidence, self-esteem, and income while serving as role models for the community.
- **Living proof** that recovery from mental illness is an ongoing reality.

The Presentation:

- **Hear from** people who have struggled with disorders such as depression, schizophrenia, bipolar disorder, and other severe mental illnesses.
- **A brief video** features consumers speaking about the topics of Dark Days, Acceptance, Treatment, Coping Skills, and Successes, Hopes, and Dreams.
- **Gain insight** into how people with serious mental illnesses cope with the realities of their disorders while reclaiming productive lives.
- **Ask questions** from the real experts -- the consumers are the ones who "have been there."
- A **Take Home Folder** is distributed to all attendees, which includes resources and an opportunity for program evaluation.

The Audience:

- **Consumers**...in day programs, inpatient settings, support groups, and other community settings who can share, learn, and find hope for successful living.
- **Family and friends**...who may need further reassurance of the possibility of recovery for their loved ones.
- **Health care providers**...who desire strengthened communication with their clients and improved outcomes.
- **Law enforcement officials**...to increase awareness of and sensitivity to behaviors triggered by mental illness.
- **Faith communities**...to increase responsiveness to people with mental illnesses who may first turn to their spiritual community for guidance.
- **Students**...of various age levels, who wish to expand their knowledge of living with mental illness.
- **Any community or civic organization**...who may be interested in learning more about mental

illnesses and recovery.

Why Must We Have This Program?

- Raises awareness in communities about recovery from mental illness
- Empowers consumers by providing a path to recovery
- Presents the real face of mental illness
- Combats stigma by opening dialogue
- Provides supported employment opportunities for consumers
- Increases visibility of NAMI as a resource

For More Information:

The In Our Own Voice: Living with Mental Illness program must be coordinated through the NAMI state or affiliate organization. Contact your NAMI state office or local affiliate about presentations in your area.

To inquire about implementing In Our Own Voice in your state, contact Sarah O'Brien, In Our Own Voice Director, at saraho@nami.org or call NAMI National at 703-524-7600.

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