



In Our Own Voice (IOOV) is an interactive, mental health recovery education program presented by trained consumers with the purpose of opening minds, changing attitudes and educating the public about what it means to have a mental illness.

In Our Own Voice puts a human face on mental illness. It helps to diminish the stigma surrounding those with mental illness while educating the audience about the true nature of brain disorders. Audiences learn from men and women whose lives were interrupted by illness, but who are now role models for hope and recovery.

The presentation covers issues frequently faced by those dealing with severe mental illnesses such as Dark Days; Acceptance; Treatment; Coping Strategies and Successes, Hope and Dreams

***In Our Own Voice* is an ideal presentation for:**

- Consumers
- Family members
- Health Providers
- Law Enforcement Officials
- Faith Communities
- Any Community or Civic Organization

If you are interested in scheduling a presentation, please contact a NAMI Southwestern PA coordinator to arrange the time and place. Ideally, presentations should be given to groups of 10 or more.



Contact Susan Harrington at NAMI Southwestern PA at 412-366-3788 or email sharring@namiswpa.org for program and scheduling information.