

What is NAMI In Our Own Voice?

NAMI In Our Own Voice is an interactive presentation that provides insight into what it's like to live with a mental health condition. Presentations are led by adults with lived experience and include video and discussion. Audiences are given a safe place to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we help grow the movement to build better lives.

NAMI Finger Lakes, your local affiliate of the National Alliance on Mental Illness, is building our team of presenters for In Our Own Voice in order to provide our community with better understanding of the importance of mental health, what happens, what helps and what's next when we have the resources and supports we all need to thrive. Contact us today to learn how to be a part of our team!

NAMI In Our Own Voice

presentations humanize the misunderstood and highly stigmatized topic of mental illness by showing that it's possible – and common – to live well with a mental health condition.

Have you ever considered sharing your story?



 **NAMI** In Our Own Voice
National Alliance on Mental Illness

Audience Perspectives

"I learned more about mental health conditions from these generous people than any book I have read."

"The presenters were fantastic and I'm lucky to have heard them speak. They had great energy and empowerment!"

**Contact us to learn more about becoming a NAMI In Our Own Voice presenter!
We provide free training and support to help you help others in this unique way.**

"Tell your story and you will re-write the stories of others."

Dan Gillison, NAMI CEO

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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Finger Lakes is your affiliate of NAMI New York State. NAMI Finger Lakes and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community who are impacted by mental health conditions.