



SEE THE PERSON, NOT THE ILLNESS

See the Person, not the Illness is an interactive workshop to raise the awareness of the impact of stigma. Participants will explore the myths and misconceptions about emotional disorders and /or mental illness and the impact stigma has on the individual, family and community. They will be challenged to explore their personal attitudes and biases and gain new insights and knowledge that can influence their individual practices and development of agencies and/or organizations policies.

Through lecture, discussion, a group activity and an *In Our Own Voice* or *Life Interrupted* presentation, participants will gain an understanding of how overcoming stigma will improve the quality of life and outcomes for the individuals. Each participant will receive science based information, handouts and a suggested reading list.

Participant's remarks. . .

“Caused me to pause and evaluate my role, my services, my interactions with students and their families- this is a very beneficial outcome of the workshop”

“I plan to share information about mental illness stigma with my peers at my school and hope to use the information to help students understand one another”

“See the Person should be videoed and made available as resource. I likened it to Including Samuel”

NAMI NH is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.



LENGTH: 90 Minutes

AUDIENCE: General audience; however, this workshop can be adapted for middle and high school age students, paraprofessionals and/or professionals who work with children and adolescents with emotional disorders and/or adults with mental illness and their families.

GOALS: Participants will learn

- the four components of the stigma of mental illness
- to recognize the consequences of stigmatizing behaviors on practice and policy
- the facts about emotional disorders and/or mental illness
- how to be more aware of the impact on the individual, family and community

LOCATION: Your agency or organization

WANT TO KNOW MORE?

Contact NAMI NH at 603.225.5359 or via email at info@NAMINH.org.