

*Join us for...*

# **NAMI** In Our Own Voice

National Alliance on Mental Illness

New Hampshire

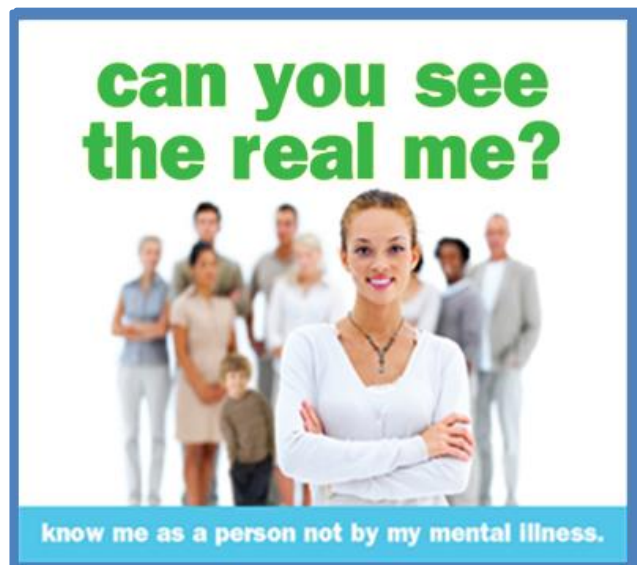
**Tuesday, October 9th, 6:00 pm**  
**Plymouth State University**  
**Heritage Commons**

***In Our Own Voice* presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness.**

Powerful personal stories are shared by individuals with mental health conditions in this brief presentation. The format includes a video, personal testimony and discussion—which enriches understanding of how individuals with these serious disorders cope with symptoms, recover, and lead productive lives with hope, meaning and dignity.

The program also empowers those faced with mental illness, and provides living proof that recovery is an ongoing reality.

*In Our Own Voice* is a NAMI NH recovery, education presentation given by trained presenters who themselves have faced mental illness and are in recovery.



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

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