



Massachusetts

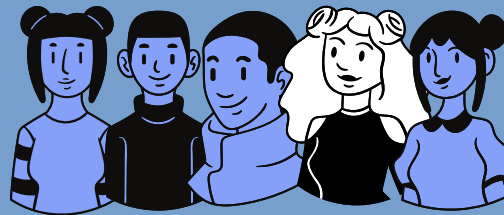
ABOUT US

NAMI Massachusetts is a state organization of the National Alliance on Mental Illness (NAMI), a nonprofit grassroots organization dedicated to improving the lives of people living with mental health conditions and their families.

NAMI Massachusetts works to raise awareness and provide essential education, advocacy, and support for people and families across the state who are impacted by mental health conditions.

Why We Need to Talk About Mental Health

1 in 5 adults experience a mental health condition



The average delay between onset of mental health symptoms and treatment is 11 years

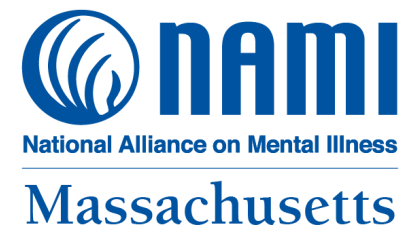
CONTACT US

For more information or to schedule an IOOV presentation, please contact:

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IN OUR OWN VOICE

Mental Health Education Program



NAMI In Our Own Voice

WHAT IS IN OUR OWN VOICE?

In Our Own Voice (IOOV) is a powerful presentation that aims to change attitudes, assumptions, and stereotypes about people living with mental health conditions. Two trained presenters with lived experience of a mental health condition talk openly about their experiences and how they have found pathways to hope and healing. Three short video segments include the stories of eight additional individuals. Audience members have the opportunity to ask questions, learn more about mental health, and challenge misconceptions.

IOOV is free of charge and is appropriate for diverse audiences, including mental health professionals, students, educators, people living with mental health conditions and their families, and the general public. IOOV presentations frequently take place at workplaces, universities, high schools, hospitals, churches, community organizations, and more.

Offered In-Person or Virtually



AUDIENCE PERSPECTIVES

"Few things help reduce stigma more than hearing first-hand accounts from people with whom you can identify."

- corporate manager

"Everything you said was so informative from your recovery story. It makes me feel like I can do it too."

- patient in a psychiatric inpatient unit

"Hearing [the presenters] talk about their hardships was very beneficial to me. Depression makes you think you're alone but if we just talk to each other, we'll realize we aren't."

- community member