



ABOUT US

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

NAMI Massachusetts works tirelessly to raise awareness and provide essential education, advocacy, and support groups for people in our community who are impacted by mental health and substance use conditions.

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

CONTACT US

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

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IN OUR OWN VOICE

Public Education Program





WHAT IS IN OUR OWN VOICE?

In Our Own Voice (IOOV) is a powerful 75-minute 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. The presentation includes personal testimony, a video component, and discussion. Audience members will have the opportunity to ask questions, learn more about mental health, and challenge misconceptions.

The presentation is offered free of charge and is appropriate for diverse audiences, including family members, friends, mental health professionals, students, people living with mental health conditions, and the general public. IOOV presentations have taken place in hospitals, schools, churches, community organizations, and more.

AUDIENCE PERSPECTIVES

"Several of the mental health staff stated that they saw recovery as a real option - for the first time ever."

"Amazing presentation with amazing presenters! You 100% erased any stigma I used to associate with mental illness."

"[In Our Own Voice] is helpful for people to understand how real and how disabling the symptoms are."