



National Alliance on Mental Illness

# Vermont

## *Our Mission:*

NAMI Vermont supports, educates and advocates so that all communities, families, and individuals affected by mental illness or mental health challenges can build better lives.

## *Our Vision:*

A world where Vermonters affected by mental illness or mental health challenges have the care, support and knowledge that they need.

*"Everyone who attended had great things to say about the presentation, and it led to ongoing positive conversations between our residents and staff.*

*I would definitely recommend this presentation to anyone who asked!"*

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## CONTACT US

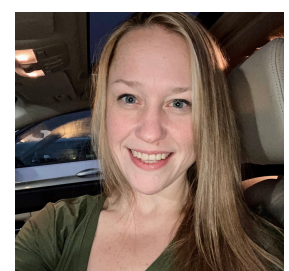
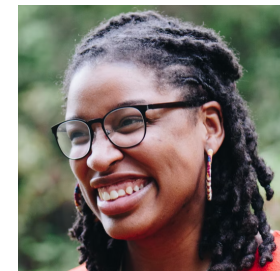
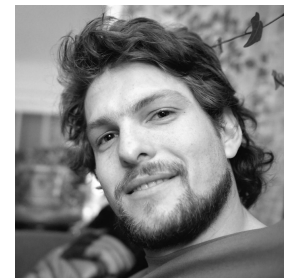
For more information or to schedule an IOOV presentation, please contact:

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## In Our Own Voice

Let us help your community learn more about living well with mental illness to inform and inspire.



National Alliance on Mental Illness

Vermont's resource for education, support and advocacy since 1983

In Our Own Voice (IOOV) is an interactive presentation that aims to change 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. Audience members will have the opportunity to ask questions to learn more about living with mental health conditions and how to live well in spite of them.

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. Hundreds of IOOV presentations have taken place in hospitals, schools, churches, community organizations, and more.



*"I honestly found it amazing and the presenters deserve so much credit for opening up their most personal experiences to strangers."*

*"Their honesty is amazing & empowering! Thank you! It was excellent!"*



*'We have mental health issues in our family and the perspective IOOV gave me was invaluable.'*

*"It was wonderful to see competent women talk about their struggles and way to be successful with their illness."*