

## NAMI IN OUR OWN VOICE EDUCATION PROGRAM



### What Is In Our Own Voice?

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained speakers share their compelling personal stories of living with mental illness and achieving recovery.

The program was started with a grant from Eli Lilly and Company. In Our Own Voice is active in 40 states. Through more than 2,000 presentations a year, the program reaches more than 45,000 audience members annually. Since 1996, more than 270,000 people have seen IOOV presentations nationwide. Audiences range from consumer groups, students and law enforcement officials to faith community members, politicians and civic groups. All presentations are offered free of charge.



While audiences benefit from the inspirational stories of the speakers, IOOV also helps the Presenters. Increased confidence, the joy of helping to inspire and motivate others and developing leadership skills are common experiences for IOOV Presenters.

*“Speaking about my mental illness gave me back my self esteem and enabled me to overcome my shame and guilt and realize I am not a bad or weak person; that I have an illness - a brain disorder - it is not my fault.”* - **An IOOV Presenter & Trainer**



Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. The more audience members learn, the more they understand the realities of mental illness and recovery.

*“[IOOV] is helpful for people to understand how REAL and how DISABLING the symptoms are. So many people see consumers as manipulative or lazy.”*

- **IOOV Audience Member**

### How Can I Schedule An IOOV Presentation?

If you or an organization you know would be interested in having an In Our Own Voice presentation, [click here](#) and contact your NAMI State Organization for the nearest NAMI Affiliate offering IOOV.