



In Our Own Voice

Living Successfully with Mental Illness

NAMI Yolo, the local chapter of the National Alliance on Mental Illness, offers a unique outreach program that includes compelling personal stories of dark days, hope and recovery.

Guest Speakers' Compelling Personal Stories of Dark Days, Hope & Recovery

"Participating in the IOOV program is the single most effective thing I am doing to maintain my mental health." – a presenter.

"They were able to communicate what dozens of hours of lectures on psychopathology could never do. This is something that can't be learned by memorizing a list of signs and symptoms."

"The consumers who spoke really educated me. I have been employed in hospitals for a decade prior to becoming a police officer. I never had a chance to hear the consumer's thoughts, lifestyle, their stories - though I have spent ¼ of my life working with people who suffer from mental illness."

This kind of direct, personal interaction with people who are recovering from mental illnesses is the best way to shine the light of hope and overcome prejudice.

TO SCHEDULE A PRESENTATION AT YOUR WORKPLACE, CHURCH OR SERVICE CLUB

E-mail friends@namiyolo.org or leave voice mail at 530-756-8181