



A Public Education Presentation

Learn about mental illness from people who have been there.

In Our Own Voice presentations enrich the audiences' understanding of how the over 58 million Americans contending with mental illness cope while also reclaiming rich and meaningful lives.

Two trained *In Our Own Voice* speakers share compelling and personal testimonies of living with and overcoming the challenges posed by mental illness and encourage questions from the audience.

Interested in learning more or participating in the next training, contact **Alikah Adair** at aadair.namihc@gmail.com or call **410- 772-9300**.
