



1 in 5 Americans are battling a form of Mental Health

Every 20 seconds someone commits suicide

Suicide is in the top five causes of death in America

Join us on June 22, 2021 at 10am for this FREE Training:

<https://us02web.zoom.us/j/83373659154>

In Our Own Voice

In Our Own Voice is one of NAMI's many signature programs. The program allows people who have been diagnosed with a mental illness to share their

story. The purpose is to open the discussion on mental illness, to educate, and to present themselves as proof that a mental health diagnosis does not mean your life stops. In sharing their stories, they hope to eliminate the stigma surrounding mental illness. The presentations are virtual due to the Pandemic and can be one hour long or shorter. It's also free of charge, and they will provide information about NAMI.

Mary is a former Police Officer and Paramedic, and Kay is a former Real Estate Agent. Once diagnosed with a mental illness their lives changed. They have fought to be **D**etermined not to let their **D**agnosis, **D**ictate one's **D**estiny. Advocating with NAMI has allowed them to help others. During these uncertain times Covid_19 is not the only Pandemic. Mental Health is the new Pandemic that so many people are battling. Mary*Kay have been eliminating myths and helping to open the conversation on mental health.

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