



NAMI In Our Own Voice (IOOV) is a powerful, first-person presentation that challenges attitudes, assumptions, and stereotypes about mental illness — and replaces them with hope.

Two trained presenters with lived experience speak openly about their journeys through three themes: **What Happened, What Helps, and What is Next**. Audience members are invited to ask questions, explore the realities of mental health, and walk away with a broader, more compassionate perspective.

This free presentation is appropriate for everyone - family members, friends, mental health professionals, and individuals living with a mental health condition.

What People Are Saying

"Amazing presentation with amazing presenters! You 100% erased any stigma I used to associate with mental illness."

"Several of the mental health staff stated that they saw recovery as a real option - for the first time ever."

"Presenting this program is the single most effective thing I am doing to maintain my mental health. Time after time, I see the audience respond with curiosity and interest. I know I am changing the face of mental illness and that I have transformed my pain into the power to make a difference."

Join us before the year ends. Hear it straight from those who've lived it.

IOOV - Online

Monday, October 19

7:00 p.m. - 8:00 p.m. ET

Register

IOOV - In-Person

Thursday, October 22

6:00 p.m. - 7:30 p.m. ET

Location: North Brunswick Public Library
880 Hermann Rd, North Brunswick, NJ 08902

More Information

Spanish: En Nuestra Propia Voz de NAMI - Online

Wednesday, November 18

7:00 p.m. - 8:00 p.m. ET

Register

IOOV - Online

Monday, December 14

7:00 p.m. - 8:00 p.m. ET

Register

Bring IOOV to your business or organization!



IOOV presentations are available for businesses, hospitals, high schools, colleges and universities, communities of faith, community organizations, and more. We offer this presentation in Spanish if requested. We are now offering both virtual and in-person IOOV presentations throughout the state.

To schedule an IOOV presentation, [submit a request here](#).

For more information, contact Jill Zwick, MSW, Program Coordinator | 732-940-0991 | ioov@naminj.org

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