

The following are guidance questions you can use to create your story that will be shared!

1. What was life like before you started experiencing mental health symptoms?
2. What cultural background (s), ethnicity (ies) or race (s) do you identify with?
3. What were the symptoms and how did they affect your life, work, family & relationships?
4. What was your diagnosis and how did you react when you were diagnosed?
5. How did you come to accept your diagnosis and treatment options?
6. What does recovery look like for you today?
7. How did your family, friends and loved ones react to your diagnosis?
8. In general, how does your community view mental illness?
9. What efforts have you made to educate others about mental health?
10. Are you a NAMI member? If so, what affiliate? Where does NAMI fit in your recovery story?