

Today's Date: [day you send the press release]
Release Date: [day the press release should start running]
Pull Date: [last day the press release should run]

Submitted by: [contact person]
[NAMI position]
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[email]

RECOVERY FROM MENTAL ILLNESS IS POSSIBLE

The public is invited to attend a free presentation on mental illness and recovery to be held on **[date here – or two dates, if we want to offer more than one]**.

In Our Own Voice, a unique program features people who tell their own stories about what is involved in recovering from mental illnesses. The meeting will begin at **[time and location here]**.

"*In Our Own Voice*" presenters will share their personal history with mental illness, show a short DVD, and answer questions from the audience. They will talk about the confidence and self-esteem they have gained from serving as role models for their communities. Everyone who attends will receive information about mental illnesses, mental health treatment and NAMI support and education programs.

The meetings are sponsored by **[enter name of local affiliate]**. Counselors, friends and family members are also encouraged to attend this *In Our Own Voice* presentation.