

I AM A PERSON...
NOT A MENTAL
ILLNESS

*We are your friends,
neighbors, and family*

*We can improve and
recover*

*We are major
contributors to American
life*

*We deserve dignity and
respect*



SPEAKING OUT
IN
LIVINGSTON
COUNTY

MISSION STATEMENT

The **Speaking Out in Livingston County** panel is a group of individuals each with their own story, who are working together to speak out about the effects of stigma on their road to recovery.

Members include: Granger W., Kathleen S., Mary Lee P., Molly C., Tammy M., and Virginia W.

Presented by:
**Members of our
Community
In
Livingston County**

Supported by:
**The Mental Health
Association**

And

DePaul Clubhouse



For further information
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**WE WOULD LIKE
TO TELL YOU
ABOUT:**

- The stigma surrounding mental illness
- What it is like to live with a mental illness
- The difficulties we face in day to day living
- The successes and failures we experience
- The busy lives we lead taking care of ourselves, our families, and our loved ones
- The support we need from our families, friends, and communities

**WE WOULD BE HAPPY
TO PRESENT OUR
PROGRAM TO:**

Just For Today...

Just for today, I will try to live through this day only and not tackle all of my life problems at once.

Just for today, I will try to be happy.

Just for today, I will adjust myself to what is and try not to adjust everything to my own desires.

Just for today, I will exercise myself in two ways. I will do somebody a good turn and not get found out. I will do at least two things I don't want to just because they are good for me.

Just for today, I will be agreeable. I will look as fit as I can, talk softly, listen intently, act courteously, criticize not one bit, try not to find fault, and try to regulate no one except myself.

Just for today, I will have a program. I may not follow it exactly, but I will have it. I will try hard to save myself from two pests—hurry and indecision.

Just for today, I will have a quiet moment all by myself and relax.

Just for today, I will be unafraid to enjoy what is beautiful and what is common.

—William J. Stewart

Schools

PTSA Groups

College Classes

Agencies

Communities

Church Organizations

Local Business Groups

Hospital and Medical Facilities