

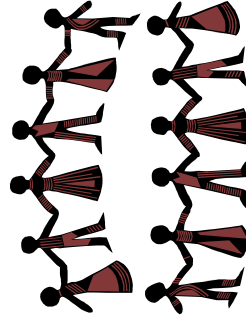
I AM A PERSON...
NOT A MENTAL
ILLNESS

*We are your friends,
neighbors, and family*

*We can improve and
recover*

*We are major
contributors to American
life*

*We deserve dignity and
respect*



MENTAL HEALTH ASSOCIATION
FIND WELLNESS

For further information
please contact:

The DePaul Clubhouse
110 Court Street
Geneseo, NY 14454
585-243-3083
eobrien@depaul.org

The Mental Health Association
In Livingston County
10 Park Place
PO Box 206
Avon, NY 14414
585-226-3150
echichester@mharochester.org

SPEAKING OUT
IN
LIVINGSTON
COUNTY

Presented by:

**Members of the
DePaul Clubhouse**

and

**The Mental Health
Association in
Livingston County**



**WE WOULD LIKE TO
TELL YOU ABOUT:**

**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. 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

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

PTSA Groups

Just for today, I will try to be happy. What is and try not to adjust everything to my own desires.

College Classes

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.

Agencies

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.

Communities

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.

Church Organizations

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

Local Business Groups

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

Hospital and Medical Facilities



- 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