



SHARE YOUR STORY IT HAS VALUE

I am:

I want to share my story because:

This is how my life was affected by early signs and symptoms:

These are my feelings and how I see myself:

Events that supported my decision/motivated me to seek help:

Details of my assistance (how, who, when, where, and what):

This is how I learned to manage my mental health problem/
illness, challenges, stigma, and/or coping strategies:

Now, I am:

This is my message and plans for the future:

Opening

Body

Organize your story
from past to present.

Closing