



**Lisa M. Cole**

Lisa M. Cole has been active at NAMI Southern Arizona since 2015, and is currently an Advocate for individuals and family members. She facilitates the NAMI Peer to Peer and Peer Support Specialist certification classes, and tells her personal story of mental illness from a very young age. She feels very grateful and honored to be able to help others in their recovery by sharing her “lived experience” and that in turn helps her manage her own recovery.

**Presents:**

# In Our Own Voice Presentation University of Arizona

**What is In Our Own Voice?**

It is a 60-minute presentation given to adults that aims to change attitudes, assumptions and stereotypes about people with mental health conditions (mental illness). It can be done in-person or via the Zoom platform. It is free of charge. The presentation is led by two adults living with mental illnesses and includes 3 videos and discussion. Audiences are given a safe place to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we begin to understand mental illness and the journey to recovery.



**Christabel Apostol**

Christabel Apostol is a new volunteer to NAMI Southern Arizona. She is excited to tell her story of living with mental illness and her recovery. She hopes to be a help to anyone dealing with the discrimination and heartache of mental illness. Christabel believes that a person who lives with a mental illness should have a happy, positive and successful life. Christabel graduated from Pima Community College with a degree in Liberal Arts. In 2012 she then graduated from the University of Arizona with a degree in Elementary Education degree in Elementary Education.

**About NAMI**

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Southern Arizona, an affiliate of NAMI National, and its dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

**Thursday, May 13, 2021**

**1:00 -2:00 PM**

**ZOOM**

**REGISTER HERE: <https://bit.ly/2OVZxCB>**

Questions? Contact us!



520-621-5531 |



uaahs-edi@email.arizona.edu |



@ediuahs |



@uaahs\_edi