

Introduce yourself (Include your name and city or town, your association with NAMI, the faith community and/or your occupation. Let your audience know you are affected by mental illness and will be sharing your story.) Aim for 3-5 sentences.

Tell your story (Include what happened, what helped, how you are different today. If possible, note the role that spirituality or faith played in your/others' journey of recovery.) Aim for about 10 sentences.

Make your point and your "ask"--and say thank you. Use the language in the Seven Steps or use your own words to send a similar message.