

# How to share your mental health story



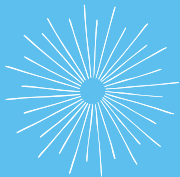
Speaking openly about our mental health journey can be incredibly healing

Offer stories of hope and recovery to support others living with mental illness



When sharing lived experience, clear time in your diary to deal with responses

Before talking about your mental health, take steps to care for and protect your own wellbeing



Speak from a place of truth, and be proud to own who you are

"Shame dies when stories are told in safe places."  
– Ann Voskamp



Make sure help and support are available before encouraging employees to talk about their mental health

A true act of revolution, storytelling offers others a beacon of hope



Understanding your own mental illness is a powerful thing; discovering that other people live with those big feelings too is life-changing