An interview series with MHA Storytellers

Q: How have you benefitted from sharing your story?

A: After sharing my story at events, both large and small, I have learned that stories have the power to kick-start conversations and allow others to discover their voice. So many times, people feel able to speak about their experiences with mental health when they may never have told their stories in public before. This is such a powerful, cathartic experience for me, which never gets old. As my life story evolves, my involvement in MHA has been such a positive one.

Q: What do you think is the most important aspect of MHA’s work?

A: The most important aspect of MHA’s work is putting a face to mental health that is not stereotypical, whether at the legislative level or in the community. When so many think of mental illness, they have negative images. When they see MHA Storytellers, they see themselves and this makes a difference.

Q: How can MHA better support or communicate with you?

A: MHA can continue to support me by creating connections between storytellers. It is so awesome to be able to have community with others like me.