Amy Campbell Pratt has been an MHA volunteer since 2011, first as a video producer, then joining MHA’s Board in 2012. She directed the “Mental Health Matters” video series and many MHA Wake Up for Wellness videos. She became a Storyteller in 2019.

**Q: How have you benefitted from sharing your story?**

**A:** Sharing my story was the first step I took in overcoming my own stigma associated with mental illness. For decades I suffered in silence thinking if I admitted my life was being affected by my mental illness then I would undoubtedly be swallowed up by my diagnosis. I wasn’t, instead my depression and anxiety become my superpowers. Being surrounded by the courageous MHA Storytellers for over 9 years, I know first hand the power of telling your story. I tell my story now because of the amazing Storytellers that went before me. They gave me the courage to know it’s okay to talk, there is no shame in sharing and courage is contagious. One story can change, even save a life.

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

**A:** MHA is a vital part of our community and every program—from changing legislation, to helping parents navigate the mental health system, to Coffee and Conversation. Every service is critical to the success of an individual living with mental health challenges. As a long time volunteer with this organization, I have seen the work MHA puts into normalizing the conversation around mental health and breaking stigma. They certainly impacted my life in this arena and I couldn’t be more proud of this amazing organization and its incredible staff.