An interview series with MHA Storytellers

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 became 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.

MHA Storytellers

MHA Storytellers are volunteers trained on the mission, vision, purpose, and history of the MHA. Once trained, Storytellers are called upon to represent the MHA or accompany staff to various health fairs, civic presentations, campus or church meetings, etc. Storytellers typically have a true personal recovery story to share as a way to ultimately help break the stigma of mental illness. More details

MHA’s Coffee & Conversation

Join us for these monthly virtual gatherings to learn more about MHA and ways to get engaged with our work. At each event, an MHA Storyteller shares a story of hope and recovery and Executive Director Kathy Rogers starts a dialogue to increase understanding and awareness about mental health. Bring your own coffee and we’ll provide resources and inspiration. Register here