An interview series with MHA Storytellers

Iris Esguerra has been an MHA volunteer since 2011, first as a Compeer volunteer, providing friendship to three women living with mental health concerns, winning the outstanding Compeer volunteer award in 2014. That same year, Iris became an MHA Storyteller. She recently answered these questions:

Q: How have you benefitted from sharing your story?
A: Sharing my story has given me the best gift - the gift of finally being comfortable in my own skin because I can freely talk about my experiences and working towards breaking the stigma. I have shared countless times at MHA events. (IJE)

Q: What do you think is the most important aspect of MHA’s work?
A: I think the most important aspect of MHA’s work is they are able to be the foundation of resources to help those that desperately need it. They provide services to the community to foster education and understanding of mental health challenges. They are also the ones to call for those feeling overwhelmed by circumstances that don’t know exactly where to go or who to reach out to for help. (IJE)

MHA Storytellers

MHA Storytellers are volunteers are 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