An interview series with MHA Storytellers

Missy Willis came to MHA in 2017 with interest in volunteering with the message, "I lost a brother to suicide and he suffered a great deal with depression, substance abuse, and isolation." She’s been encouraging others to take QPR Suicide Prevention training ever since. Missy recently answered these questions:

Q: How have you benefitted from sharing your story?
A: Sharing my personal experience with losing a sibling to suicide has strengthened my resolve to uncover the contributing factors to mental health. Especially the strong link between early childhood experiences and adult health. Each of the six or so times I have spoken at an MHA event, I heal a little more and am reminded of the power of story to help us understand one another.

Q: What do you think is the most important aspect of MHA’s work?
A: The programs MHA offers are vital to our community. From connecting people to services to educating the public about mental health issues, to training community members on how to effectively deal with a mental health crisis, has undoubtedly improved (and even saved) lives.

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.

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