

Honest, Open, Proud

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CHICAGO

namichicago.org

Do you live with a mental illness and worry about keeping it a secret or telling others?

Honest, Open, Proud (HOP) is a three session program to help people make decisions about disclosing their mental health challenges. It's a safe space to talk about all the questions, concerns or experiences you have with telling your story! HOP is a peer run program for people living with mental illness. Each session is two hours long and includes group discussions, worksheets and practice exercises.

HOP was developed by Dr. Pat Corrigan and individuals with lived experience. It has been running successfully in California, Wisconsin, Australia, and Canada and now in Chicago!

If you're interested in attending a workshop or want more information, please contact Kyra Newman at (312) 563-0445 or kyra@namichicago.org

How does self disclosure reduce self-stigma?

Self-stigma is when people internalize prejudice attitudes from the public by agreeing with stereotypes and applying them to themselves; it can hurt self-esteem and your health. Self-stigma can worsen symptoms, decrease functioning, and keep people from getting the help they need.

Keeping mental illness closeted can lead to more shame! Research shows those who talk about their mental illness feel more empowered and have better self-esteem and confidence to achieve their goals.

Talking about your story also reduces public stigma by challenging stereotypes and prejudice through engagement with the public and people with lived experience.



Honest, Open, Proud consists of three sessions that cover the following topics:

- Considering the pros and cons of disclosing
- Goals of disclosing in different settings
- How to test a person for safe disclosure
- Strategies for self-disclosure
- How others may respond to your disclosure
- Practice telling your story
- Using peer support

Contact:
Kyra Newman
Director of Recovery
kyra@namichicago.org



1801 West Warner, Suite 202
Chicago, IL 60613
312.563.0445



www.namichicago.org www.facebook.com/namichicago
www.hopprogram.org www.facebook.com/hopprogram