



mindspring

MENTAL HEALTH ALLIANCE

Thank you so much for volunteering with Mindspring and sharing your story! We are so grateful for your support and engagement. Our goal with this initiative is to decrease stigma surrounding mental health and promote wellness, recovery, and hope. As a Share your Story volunteer, you have the opportunity to let others know they are not alone and that there is hope. You have the option to record a video of yourself telling your story or writing your story to be read aloud by Mindspring staff, volunteers, or board members. If you wish to keep your story anonymous, please let us know. Once you have completed your story, email it to support@mindspringsupport.org and arohn@mindspringhealth.org.

Not sure where to start? Use one or two of these prompts to get you started!

Prompts

- Write one chapter of your story.
- If you could explain to someone what it feels like to live with mental illness, what would you say?
- How has stigma affected your life?
- What has your mental illness taught you about life?
- What has been the toughest part about living with mental illness?
- What is one thing you wish others knew?
- Open with a quote, a question or a statistic
- Start with a hook
 - Do you ever wonder why...
 - Did you know...
 - If you are...
 - This is why...
 - Have you ever...

Reminders

- Refrain from using inappropriate language
- Follow safe messaging guidelines, such as avoiding details related to the method someone might use in a suicide attempt
 - Learn more about safe messaging at <https://afsp.org/sharingyourstory/#safe-storytelling-guidelines>
- Mindspring reserves the right to edit for content, length, and appropriateness
- These stories may be posted on the Mindspring Mental Health Alliance website and social media pages
- You have the right to withdraw your story at any time