

Who am I?

1. A person told she'd never be able to live outside a 'mental institution'?
2. A recipient of the Distinguished Service Award from the President of the United States?
3. Someone diagnosed with schizophrenia?
4. Author of *'On Our Own: Patient Controlled Alternatives to the Mental Health System'*?
5. All of the above?



Answer: All of the Above

We are, each of us, our **challenges** and so much **more**.

Each of our **paths** is unique, but **many** have travelled the road to recovery, to a good life, before you. Many travel alongside you.

Your service employs people like you, 'Lived and Living Experience' Workers who are also on that road to their good life.

Talk to one of us sometime, hear about our journeys, and let's walk together for a while.

None of us are **just** our challenges.

"Over the years, so many people have told me, "[your] book helped me, it came along and let me know I wasn't alone. I was able to get through what I was going through, and to hook up with other people and get involved." You couldn't ask for more than that as a writer."

Judi Chamberlin