

# HONEST, OPEN, PROUD

Coming May 25-June 8, 2017

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

Honest, Open, Proud (HOP) is a program that helps 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.

This free 3-week session will meet at the following times:

Thursday, May 25, 2 – 4 pm

Thursday, June 1, 2 – 4 pm

Thursday, June 8, 2 – 4 pm

**Location: Turning Point Behavioral Health Care Center, 8324 Skokie Blvd. Skokie, IL**

**Space is limited. If you're interested in attending please contact Fay Anderson at (847) 716-2252 or [fanderson@namiccns.org](mailto:fanderson@namiccns.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 weekly 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:**  
**Fay Anderson**  
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**Resource Specialist**  
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Cook County  
North Suburban

turningpoint