

*Help  
fight  
stigma.*

*Share  
your  
story.*

Want to be part of the mental health  
movement?

JOIN THE  
**PLACER  
COUNTY  
SPEAKERS  
BUREAU**

*Sharing stories of mental illness or  
substance use disorders*

### About the program

- Speakers share their stories of living in recovery from mental illness with various audiences (school groups, law enforcement, clinicians & more)
- Peer-to-peer engagement
- Participants are coached and supported through the process of developing and rehearsing their speech
- Speakers receive a stipend for each speech given

### Monthly Meetings

2nd Thursday of the month from 6 pm to 7:30 pm

Zoom meeting

4th Thursday of the month from 1 pm to 2:30 pm

101 Cirby Hills Drive, Roseville, CA 95678



If interested, please contact:

Alex Demy

(916)787-8915

[NC\\_ADemy@placer.ca.gov](mailto:NC_ADemy@placer.ca.gov)

Program has been provided, in part,  
by County of Placer's Mental Health  
Services Act funding.



*Ayuda a  
combatir  
el estigma.*

*¡Comparte  
tu  
historia!*

Le gustar a participar en hacer la  
diferencia en la salud mental?

¡ÚNASE A LA  
**OFICINA DE  
ORADORES  
DEL CONDADO  
DE PLACER!**

**Compartamos nuestra historia de  
enfermedad mental o trastorno por  
consumo de sustancias**

### **Sobre este programa**

- Los oradores comparten sus historias de recuperación de salud mental con diferentes audiencias, por ejemplo, en escuelas y organizaciones comunitarias.
- Apoyo de compañeros con experiencias similares.
- Los participantes son preparados y apoyados con el proceso de producir y practicar su discurso.
- Los oradores recibirán un incentivo por cada discurso que den.

### **Reuniones Mensuales**

2nd jueves del mes de 6 pm a 7:30 pm

Reunión de Zoom

4th jueves del mes de 1 pm a 2:30 pm

101 Cirby Hills Drive, Roseville CA 95678



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La financiación ha sido  
proporcionada, en parte, por  
la Ley de Servicios Mentales  
del Condado de Placer.



*Mental illness is common, yet not commonly talked about.*

*We are here to change that!*

HAVE A SPEAKER WITH LIVED EXPERIENCE

FROM THE  
**PLACER  
COUNTY  
SPEAKERS  
BUREAU**

**Invite one of our expert speakers to your staff meeting, class or event to give a presentation on living in recovery from mental illness.**

**Did you know?**

- 1 in 5 adults experience a mental illness in a given year.
- 13.1 million live with a serious mental disorder like schizophrenia, bipolar and major depression.

*About our program*

- Learn more about living and thriving with a mental illness.
- Our speakers will tailor their presentation to suit your audience.
- There is no cost to you!

If you are interested or know of an agency that is, contact:

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