



**Using the power of storytelling to break down the stigma surrounding mental illness**

***Mission: Empower individuals to put their names and faces on their true stories of recovery from mental illness and addiction.***

By supporting **This Is My Brave**, you help get us closer to a world where we won't have to call it "brave" for talking openly about mental illness. We'll simply call it talking.

- **This Is My Brave – The Show** is a live presentation of touching essays, original music, poetry and comedy performed by individuals living with a mental illness.
- **Auditions will be held in Charlottesville** in advance of the show, creating a cast made up of members from the local community.
- **Cast members rehearse together with a local producer** before presenting their stories live on stage in front of an audience.
- **There is strength found in coming together as a community**, propelling a movement forward toward a common goal.

- **According to a 2020 survey by Mental Health America, 57% of Americans with a mental illness received no treatment.**
- **Often stigma and discrimination towards people with mental illness is the reason individuals avoid or delay seeking help.**
- **This Is My Brave's 2016 pilot study revealed positive results in reducing public stigma in that audience members experienced a decrease in stigma, improvements in beliefs about recovery and empowerment, and greater willingness to seek treatment.**

**This Is My Brave is doing this, one person and one story at a time.**

# **This Is My Brave – The Show, CVille**

## **Volunteer Production Team Positions Available**

- °Fundraising Manager
- °PR and Marketing Coordinator
- °Media Partnership Manager
- °Mental Health Professional
- °Fidelity Coordinator
- °Show Director

**Time commitment of ~5-10/week, Fall 2021 to Fall 2022**  
**For additional information or to join the production team,**  
**please contact Lisa Wessner: [llwessner@gmail.com](mailto:llwessner@gmail.com)**

# **This Is My Brave in the Media**

This Is My Brave *The Documentary*

TODAY Show *Mind Matters* with Carson Daly

Mental Health *Storytelling in the Spotlight*



<https://thisismybrave.org/>