

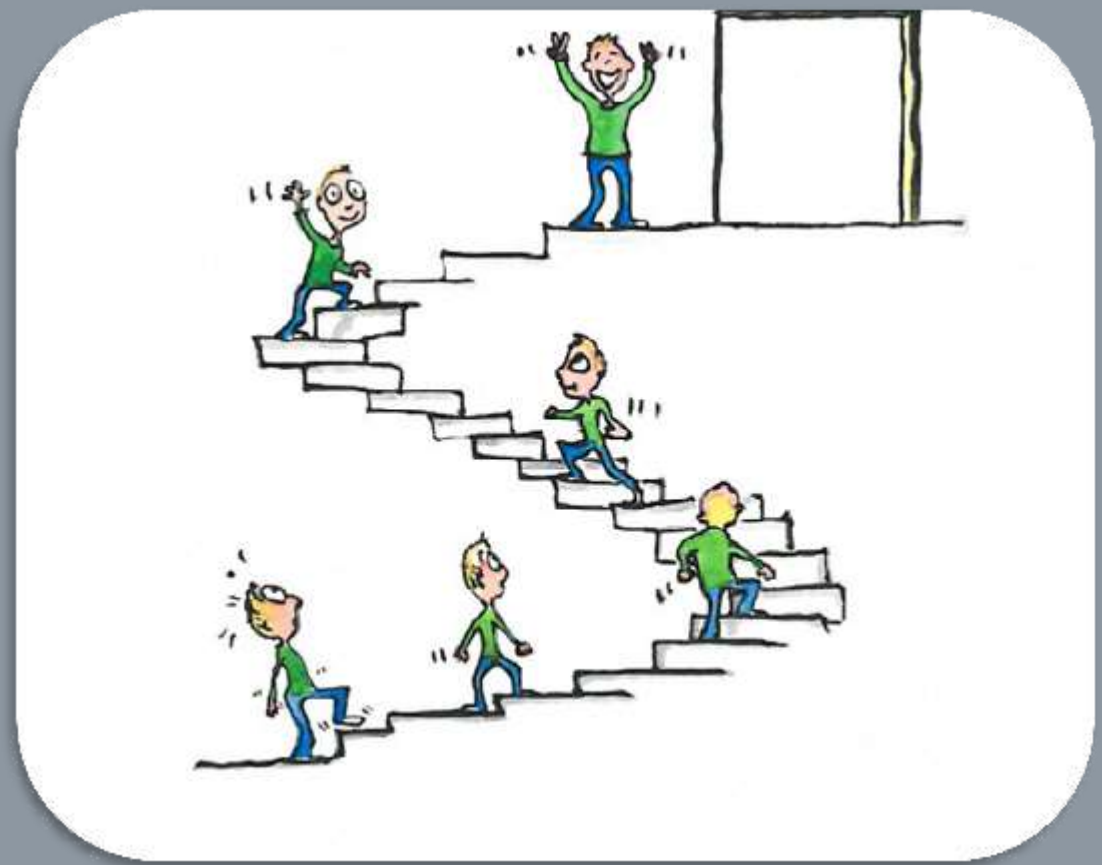
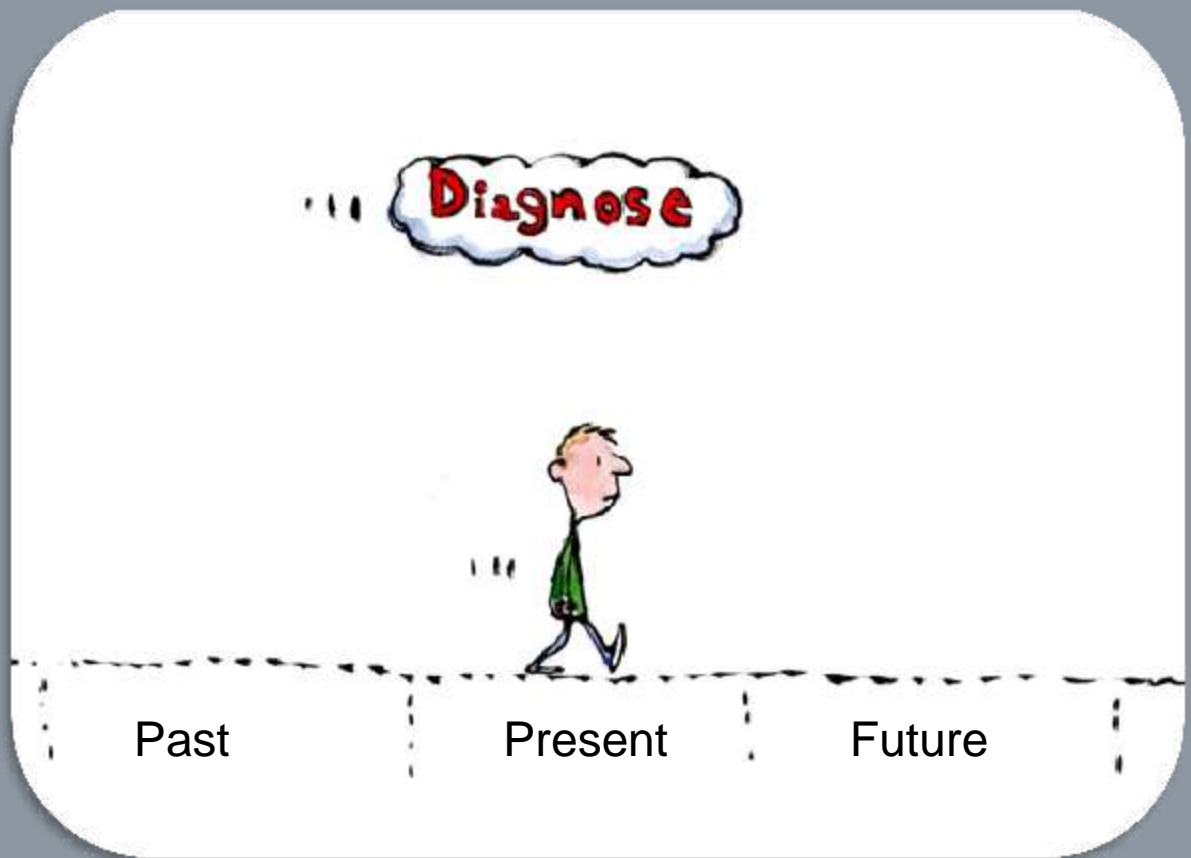


RE-DISCOVERING MYSELF BY TELLING MY STORY



PSYCHIATRY - AALBORG UNIVERSITY HOSPITAL

Storytelling has gained considerable attention as a means to support the process of mental health recovery.





BECOMING ONE OF THEM





UNHEALTHY BELIEFS!





AWARENESS OF SELF-STIGMA

Presentation at
Region Council
meeting 2015





FROM REFLECTION TO ACTION





REDISCOVERING MYSELF AS ONE OF US





CONCLUSION

Storytelling helped me to break with self-stigma, and re-define myself.







THANK YOU FOR TODAY

Projektmedarbejder

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