

# Photovoice

Gives voice...



**Photovoice has been used around the world by people everywhere whose perspectives are often overlooked.**



By children living in slums in India



By women living in rural China, Bangladesh, and Australia



And many more!

**PhotoVoice brings people together for a series of classes to learn about issues and share their experiences.**

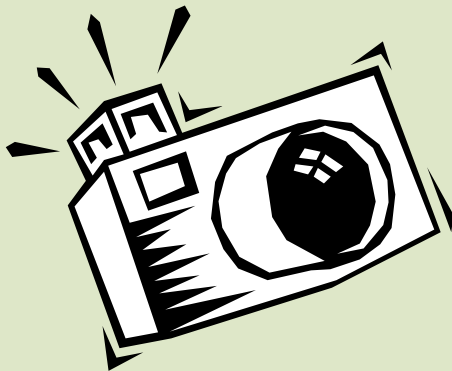
*Stigma*      *Discrimination*      *Bullying*  
*Inclusion*      *Prejudice*  
*Labeling*      *Exclusion*

Participants photograph images that reflect their life experiences.



They add narratives to illustrate the meaning.

Through the power of these visual images, PhotoVoice offers an innovative way to break the silence that often surrounds the experience of isolation and exclusion.



*We hope you enjoy the results!*



It was a lonely path  
through life. I had a  
difficult time learning  
and understanding  
how to love myself  
and others.

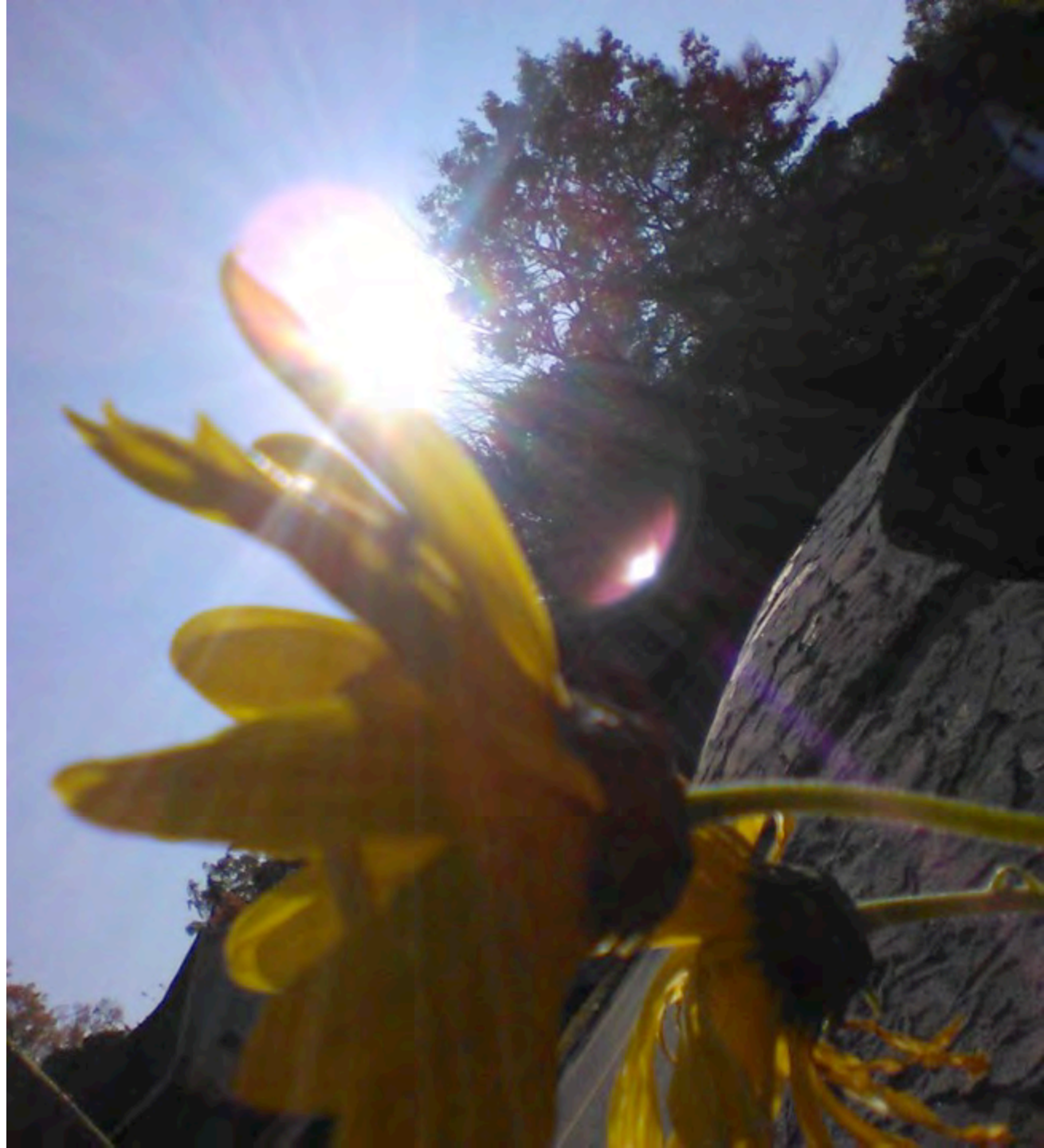
It's important to see  
hope at the end of  
path.

– Carol Ann

This brilliant light  
represents hope  
for recovery in a  
dark life.

I understand how  
I can share hope  
with others.

– Carol Ann





Now that I am in  
recovery I can see the  
beauty of the season.

– Caroline





My dogs, Dookie and Axel, are my therapy. They keep me calm, happy, and relaxed. Caring for them gives me a purpose. Pets are important for recovery. – Ed



This tree represents my years growing up. I was always the last one out, the last one picked for the team, and the one that was considered weird because I didn't belong to a social class. When people would look at me they would only see me for my actions when I was little. I was mean and downright nasty towards everyone. People look at me now and may appreciate how much I have changed. I can keep my anger under control. Going to Clubhouse has helped me. They have helped me learn to socialize and be in a crowd. I have enjoyed my time at Clubhouse and I look forward to having many more years of fun and friends in the future. – Blake



I felt trapped and alone until I found the Clubhouse. Friends reached out to me to pull me through. Everyone needs a helping hand now and then to move forward in their lives. – Joan



When I see a butterfly, I feel happy. It reminds me of how people change throughout their lives. We all have the ability to transform ourselves, and we are all beautiful. – Joan

I am not what you think.

I am full. I am emptied occasionally, and I spill out my contents, only to be refilled later by all that surrounds me. I am rigid, and built like a fortress, withstanding everything the four seasons bring, but I am prone to corrosion, scarring my skin. What I contain sometimes has a foul odor, but the smell does not last and is whisked away quickly by the breeze. I am not clean. What has created that smell has also stained how I look inside.

I am a person who has a mental illness.

I am not alone.

Stigma has produced this image of me, and what I think of myself.

– Michael Turnbull





This wall represents mental health stigma.

This stigma keeps me from all that is beautiful outside. Through the window I can see what is possible for me, but seemingly out of reach.

The wall speaks, judges, and condemns.

Without stigma, I could dissolve the wall and I would no longer have to peer out the window.

Without stigma there is life, alive and breathing and all the colors of the world resaturate.

– Michael Turnbull



This tree  
represents being  
beat up but still  
standing strong.  
My roots run deep.  
– RRF

I've had to walk a lot of miles to learn to love myself.

Through Clubhouse I learned I am worthy.

Everyone is worthy.

– Tina B.







Through  
Clubhouse I  
have a whole  
group of people  
who treat me  
as an equal.

Here, I have  
blossomed in  
my recovery.

- Tina



Mental illness can break your heart  
but your recovery from a mental illness  
can put the broken pieces back together again. –Tracy

Mental illness makes one  
feel empty.

However, when you are  
involved in your recovery  
it changes your life.

–Tracy





Mental illness is like  
a fine fragrance.

It starts out strong  
at first and  
fades over time.

–Tracy

The images depicted here were created by people who attended a PhotoVoice class offered through North Country Community Mental Health at New Horizons Clubhouse.





# 1 IN 5

people will experience a  
mental illness during  
their lifetime.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

The current pandemic might be one of those for you or someone you know.

North Country  
Community Mental  
Health has adapted  
services during the  
pandemic to provide for  
the current needs  
including adding a  
**WARM HELP LINE**  
for those experiencing  
increased stress, anxiety  
and depression.



Call **877-470-7130**  
during business hours to  
speak with a mental health  
professional.

**24/7 Crisis Line continues**  
**877-470-4668**



We invite **YOU** to take a photograph representing your experience with the COVID-19 pandemic with a personal message of insight.

They can be sent to:  
[jmoran@norcocmh.org](mailto:jmoran@norcocmh.org)





**Crisis 877-470-4668**  
**Access 877-470-7130**



**Thank You,  
Photovoice  
Funders!**



*Giving Back. Moving Forward.*

