
I know what it's like to live every day with a **mental illness**. - Now let me tell you why your understanding of it can **save lives**.

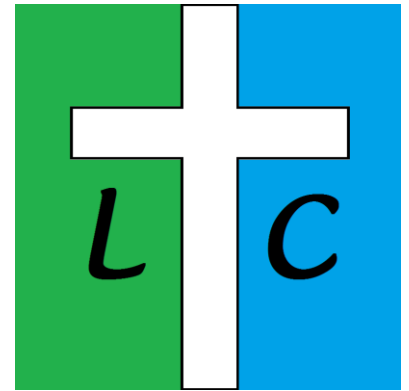
Life Conquering

~ A Mental Health Outreach ~

Blog: <https://lifeconquering.org>

Email: lifeconquering@gmail.com

Hi. My name is **Amy Pierce Romine**. I'm an award-winning blogger from the Derby City - Louisville, KY. I specialize in speaking about mental illness from the perspective of an expert as well as a patient. These perspectives give me unique insight into some mental health challenges and what it's like to live with a serious mental illness. With this insight, I am able to **educate and encourage** others through **Life Conquering - A Mental Health Outreach**. This is done by sharing my personal story and medical facts. All of this is in order to help people understand the **realities of mental illness** and **stop the stigma** that keeps people from getting the help they need.



Why Should I Care about Mental Illness?

If mental illness doesn't affect your life today, I can guarantee that it will. According to Mentalhealthfirstaid.com almost half of the US adults (46.4%) will experience a mental illness during their lifetime. Learning the facts about mental illness can change your life and someone you care about.

Are People with Bipolar Just "Crazy"?

No, we're not. I have received a Bachelor's Degree in Middle School Education, a Master's Degree in Education and K-12 Principal Leadership, and an Associate's Degree in Paralegal Studies. I even served as an interim assistant principal. I have been married 13 years and have two four-legged kids of the canine-kind. If I was "crazy" there is no way I could achieve the things above nor would my marriage last as long.

Is the Mental Illness “All in your head?”

People with mental illnesses have real, medical illnesses that can be seen in the brain and understood. We are people just like you; we just happen to have illnesses which could be a chemical imbalance that CAN actually be treated and managed.



Topics Discussed when Amy Speaks to Your Group

- **My personal story** (I will take questions from the audience);
- **Stigma** – what it is and where we see it (this is a great time to do small group discussions);
- **Your part** – how can you decrease stigma in your world?
- **Celebrities with mental illnesses** (who do you know?) How has that celebrity impacted or hindered the fight against stigma? (Speak honestly about celebrity suicide);
- **Share** with them my **brush with suicide as a middle school student and again as an adult. (open up for discussion)**; and
- **Any topics** the host/group wants to explore.

Speaking events at Schools (staff and students)

- **Proper accommodations** in the **workplace/academic setting**, (brainstorm some **ideas to help** people with a mental illness feel **comfortable at work/school**);
- **Are schools preparing** MI students for what awaits for them at the job site? and
- **How to talk about your mental illness** (brainstorm ideas).

Speaking events at Businesses or Civic Groups

- **Proper accommodations** in the **workplace** (brainstorm **ideas to help** people with a mental illness feel **comfortable at work**);
- **How to talk about your mental illness** (brainstorm ideas); and
- **The cons of abusing** the accommodations that are/should be afforded to the disabled at work. (Discussion in small groups).

Speaking events at Churches or Bible Studies

- **Stigma in the Church** – what it is and where we see it;
- **Your part as a Christian**– how can you decrease stigma at your Church?
- How **Jesus walks this bipolar road** with me;
- **A lesson on Paul and his thorn in his side**; and
- How I use the **simplest of prayers** to go before God **and ask for “HELP!”**



Amy Pierce Romine is an award-winning blogger, published author, and speaker from Louisville, KY. Amy has penned nearly 1000 posts and articles regarding mental health, specializing in bipolar, depression, ADHD, OCD, GAD, and social anxiety disorder. She writes the following blogs:

Life Conquering Blog:

<https://lifeconquering.org>

Psych Central: (Mental Health Discoveries)

<https://blogs.psychcentral.com/discoveries/>

Contact Amy at:

lifeconquering@gmail.com

so she can schedule your group or event!

