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.
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.
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@norcocmhm.org
Thank You,
Photovoice Funders!

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