



Participants in Up to Me explore the story they have been telling themselves about their mental health challenges and resilience. They learn to choose if, when, and how much they want to disclose from a strengths-based perspective.



Learn more about the
Up to Me program and
resources today!
eliminatestigma.org

A PROGRAM FOR PEOPLE WHO HAVE FACED MENTAL HEALTH CHALLENGES



Your mental health challenge is your story to tell

Up to Me helps people with a lived experience of mental health and other challenges decide when and if to share their stories in a way that is empowering and hopeful, while also working to eliminate stigma surrounding mental health issues.

Engaging and interactive resources guide individuals through a process of understanding and applying principles of self-disclosure about their mental illness and recovery. Up to Me content seeks to replace self-stigma with beliefs of recovery, empowerment, and hope.

Up to Me resources are offered for teens, adults, parents and caregivers, and individuals with Tourette Syndrome. Along with a workbook for participants, a manual for facilitators is also available.

Up to Me participants learn to:

- Explore their internal story
- Evaluate the costs and benefits of disclosing
- Analyze strategies for disclosure
- Craft a meaningful story that meets personal goals

wise END
STIGMA
TOGETHER
one story at a time

ROGERS
Behavioral Health