

Maniwalà



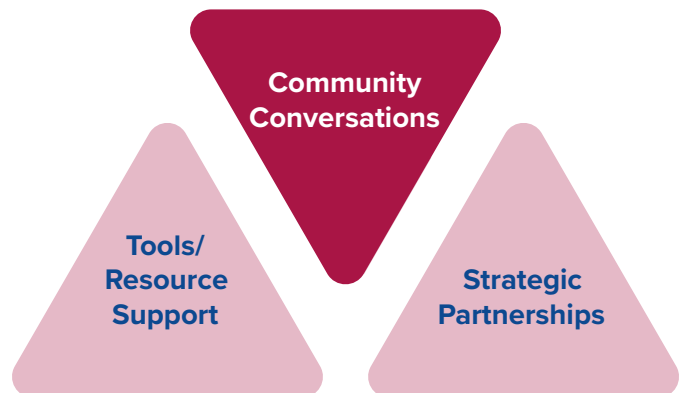
The National Alliance on Mental Illness’s (NAMI) **Maniwalà** initiative empowers and encourages open discussion about health, wellness and the impact of stress on Filipino/Filipinx/Philippine mental health by sharing firsthand experiences, identifying the signs and symptoms of mental health challenges and sharing healthy tools, such as how to find a therapist or create a “support squad.”

Lack of information surrounding mental health challenges and the stigma associated with it can prevent people in Filipino/Filipinx/Philippine communities from gaining access to the help and support they may need. Maniwalà is a three-part conversation series which uses dialogue, videos, sacred storytelling and guided discussion to explore avenues to wellness and well-being. It is designed to increase access to quality resources and center wellness on Filipino/Filipinx/Philippine culture, imagery, language and voices.

Maniwalà is for, by and about Filipino/Filipinx/Philippine communities where participants can discuss wellness and healing practices and get connected to ongoing support. It is an opportunity to listen and explore the journey of mental wellness through intentional

conversations, storytelling and culturally centered resources.

Maniwalà is part of NAMI’s Sharing Hope Series, a cross-cultural initiative to destigmatize mental health in racially and ethnically diverse communities. Please join us in ensuring communities feel welcome, respected and heard.



To learn more about Maniwalà or to set up an orientation or community conversation, please contact Kyle Galimba (kgalimba@nami.org), Manager, AANHPI.

The National Alliance on Mental Illness (NAMI) is the nation’s leading grassroots mental health organization. NAMI’s mission is to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.