



WELLNESS • RECOVERY • RESILIENCE

PEI – Stigma and Discrimination Reduction - Shadow Speakers

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Agency: MHCAN – Mental Health Client Action Network

ESPAÑOL

Hablar de sombras realmente ha ampliado mi vida y lo digo en serio. Um, me ha dado la inspiración para irme y ayudarme a presentarme a MHCAN. Y eh, comencé a ir y cuando llegué allí, me sentaba en la esquina como cuando entras por primera vez porque no me comunicaba con la gente, no era que tuviera miedo.... sabes que yo era negro y yo era el único allí. Me preguntaron si me gustaría ser un orador en la sombra, no sabía lo que eran y dije que sí, me gustaría estar allí. Y entonces ella dijo bueno, cuéntame tu historia. Esto me hizo mantener la cabeza en alto. No estoy mejor de lo que nunca lo he estado, pero era algo de lo que ya no tenía que avergonzarme de lo que podía hablar en público, ya sabes, simplemente no podía creer que yo, yo, me sentía mejor. sabes, podía sentir mi pecho bajando y bajando y bajando y bajando, sabes... y comencé a reírme más, sabes, y comencé a comunicarme con la gente de MHCAN. Adentro tenía todos mis pensamientos y todas mis cargas adentro y tenía que sacarlos para ser quien soy ahora y eso es lo que Sarah hizo por mí, lo digo en serio... Sarah Leonard. Y MHCAN hizo eso por mí y los Shadow Speakers, whooo Jesús, me sacó todo. Il como altavoces de sombra. Sacó lo mejor de mí, realmente no sacó lo mejor de mí. Sabes que aprendí a aceptar las cosas de la vida. Aprendí a hablarle a la gente de la manera correcta, sabes lo que estoy diciendo. Entonces, uh, mi vida es buena ahora solo por ser un Portavoz de las Sombras. Sabes y todavía hablo con la gente ahora cuando salgo sabes y puedo quitarme la máscara (risas).

ENGLISH

Shadow speaking has really broadened my life and I'm serious about that. Um it has given me inspiration to leave to help introduce me to MHCAN. And uh I started going and when I got there I would sit over there in the corner like when you first come in the door because I didn't communicate with people it wasn't that I was afraid of it.... I just you know I was black and I was the only one there. They asked me if I would like to be a shadow speaker I didn't know what they were and so I told yes I would like to be there. And so she said well uh tell me your story. This made me hold my head up real high. I'm not better then never have been, but it was something that I didn't have to be ashamed of anymore that I could talk about in public you know just whoo and I just couldn't believe that I, I, felt better you know I could feel my chest just going down and down and down and down you know... and I started laughing more you know and uh I started communicating with the people at MHCAN. Inside I had all my thoughts and all my burdens on the inside and I had to bring them out to be who I am now and that's what Sarah



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did for me I'm serious about that... Sarah Leonard. And MHCAN did that for me and the Shadow Speakers, whooo Jesus it brought everything out of me. I I just like shadow speakers. It brought the best out of me, it really didn't brought the best out of me. You know I learned how to uh accept things in life. I learned how to uh talk to people the correct way you know what I'm saying. So uh my life is good now just from being a Shadow Speaker. You know and I still talk to people now when I go out you know and I can put my mask down (laughs).