

“A DAY IN THE LIFE” “Breaking a Deafening Silence”

*A collaboration of North Central Regional Mental Health Board and
Yale University Program for Recovery and Community Health*



“What is your typical day like and what has helped you get where you are today?”

“What would you want your ideal day to be like?”

“What challenges stand in your way and what concerns you most about your future?”

“The silence, surrounding the pain, the profound struggles, lifts as we listen to the words and themes gleaned from interviewing 80 people with serious mental illness. Our researchers are also people who are in recovery from long-term mental illnesses.”