

NAMI Ending the Silence

Available in more than 25 states in the U.S.

To schedule a presentation, visit nami.org/local and contact the NAMI Affiliate in your area.

Ending the Silence

A Mental Health Awareness Program for Youth

"It is amazing what just one day, one talk can do. You never really know what's going on in the brain of any particular student."

Teacher

About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

NAMI supports and enriches you and your family's unique journey towards wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every day. We invite you to join our movement to ensure better lives for everyone.

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www.nami.org/ets

NAMI HelpLine
800-950-NAMI or info@nami.org

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Cincinnati, OH 45227
(513) 351-3500
www.namiswaoh.org info@namiswaoh.org



"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. But, now I'm sure they would be more supportive of me."

Student



NAMI Ending the Silence

An interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends.

One in five teens ages 13-18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment.

NAMI Ending the Silence is an interactive presentation that includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

Why should I bring NAMI Ending the Silence to my community?

- Currently, about 50% of youth ages 14 and older with a mental health condition will drop out of school.
- Suicide is the second leading cause of death for 15-24 year olds.
- About half of individuals with a mental health condition began experiencing symptoms by age 14.
- The average delay between onset of symptoms and receiving treatment is 8-10 years.
- Treatment works! With early identification and intervention there is hope.

What should I know?

- Engaging, 50-minute presentation designed for middle and high school age youth.
- Teens will learn early warning signs and what steps they can take to help themselves or a friend.
- Free of cost to schools, youth and communities.
- Presented by a young adult who experienced a mental health condition during their school years as well as a family member of an individual who experienced mental health challenges in school.