

Ending the Silence

Mental health education presentation for high school students

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CHICAGO

namichicago.org

What is NAMI Ending the Silence?

Ending the Silence is a **free**, 50-minute presentation designed to give students an opportunity to learn about mental illness through an informative PowerPoint and short videos.

Throughout the presentation, students learn signs and symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Additionally, a young adult living with mental illness shares their journey of recovery.

NAMI Chicago will offer its Ending the Silence presentations in freshman and sophomore classrooms throughout the 2018-2019 school year.

Call (312) 563-0445 to request a presentation.

How is Ending the Silence unique?:

- Provides high school students with direct, personal contact with a young person with a mental health condition
- Information on signs of mental illness through age-appropriate content and videos featuring young people of diverse ethnicities and diagnoses
- Idea on how to support a friend and recognize signs in themselves, family and friends
- Seeks to encourage students to get help for themselves and equips them with knowledge to help others who may be struggling
- Interactive Q&A portion provides an opportunity to discuss mental illness in a safe and education setting



"I am 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

Contact

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"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



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