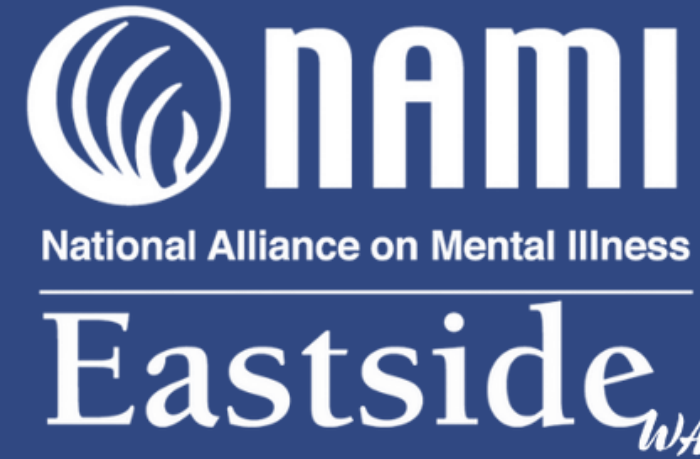




Ending the Silence



Ending the Silence



Ending the Silence (ETS) is a free, evidence-based mental health presentation that aims to educate audience members about mental health conditions and their warning signs. The program has presentations designed for three audiences: students, families and school staff.

NAMI recruits and trains volunteer presenters who are uniquely positioned to serve as mental health educators due to their own lived experiences. There are two presenters, a Lead Presenter who gives a 25-minute educational PowerPoint about mental health, and a Young Adult Presenter aged 18-35 who shares their journey of recovery.

Ending the Silence

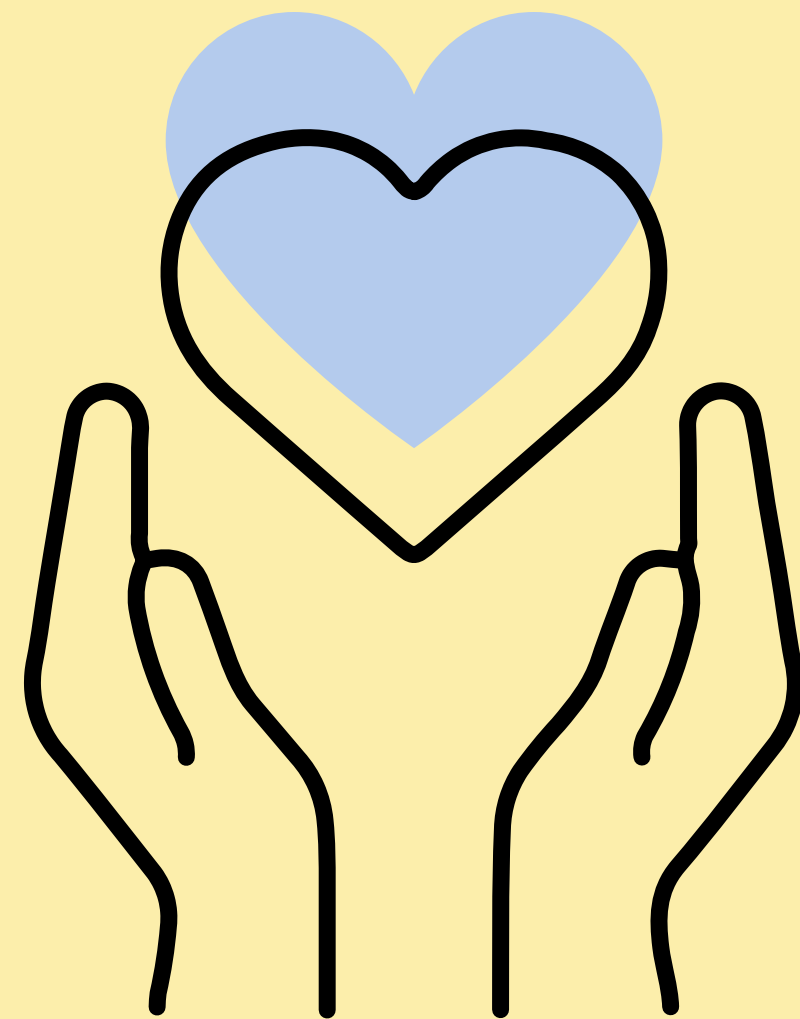
Cost: Free!

Length: 50 minute - 1 hour presentation

Audience: students, school staff, families

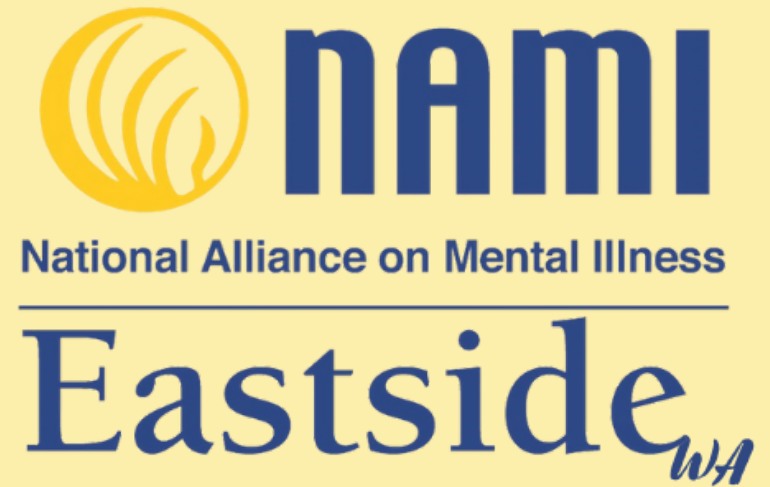
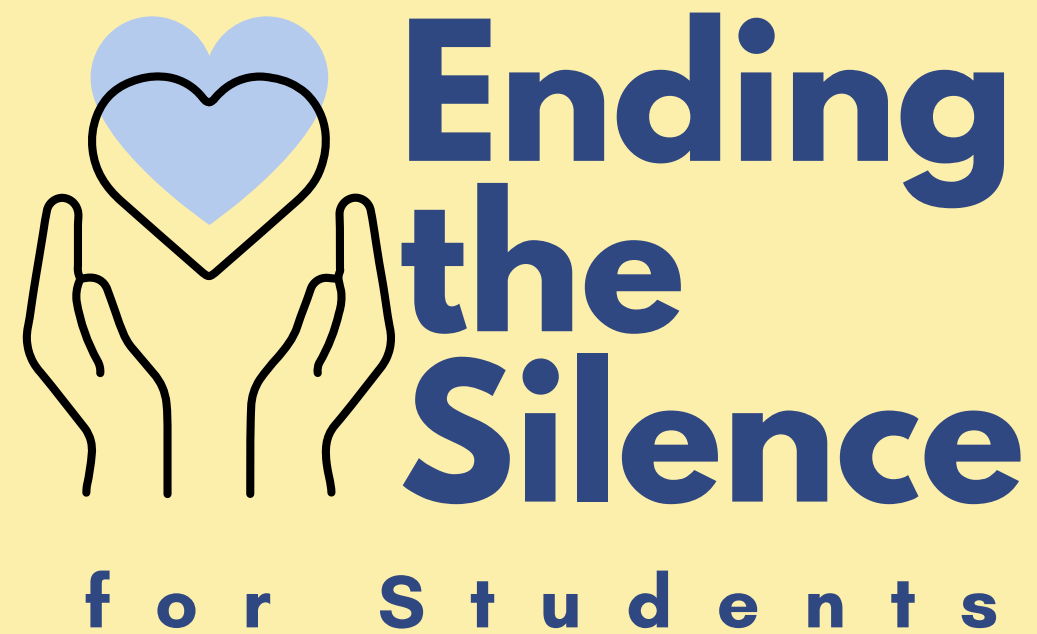
Format: Online or in-person

NAMI believes that through education and dialogue, we can help grow the movement to end stigma. ETS presenters challenge negative attitudes, assumptions and stereotypes about people with mental health conditions.



**Ending
the
Silence**

f o r S t u d e n t s



Designed for middle and high school students, Ending the Silence for Students presentations include information about mental illness warning signs, facts and statistics, and how to find help for themselves or their peers.

The purpose of this presentation is to change misconceptions around mental illness and "end the silence" surrounding mental health.

Ending the Silence for Students

Designed for a 50-minute class period

Appropriate for grades 6-12



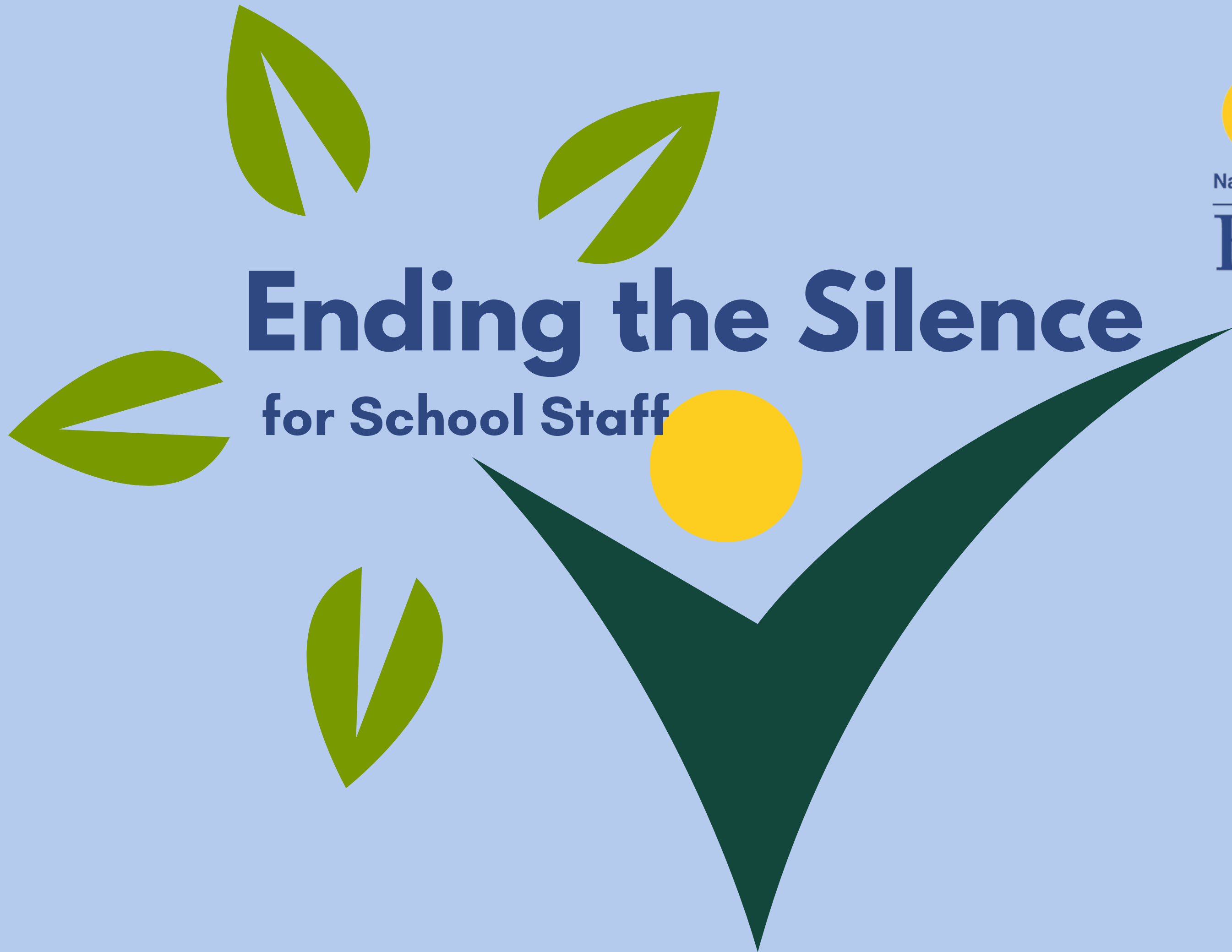
Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help.

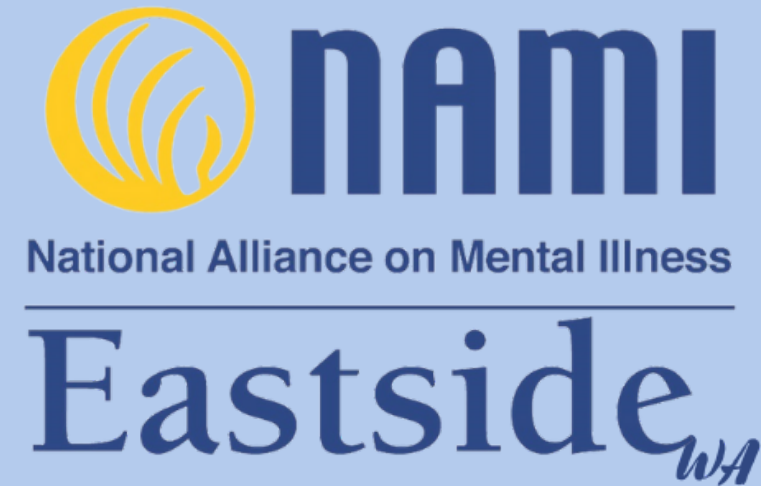
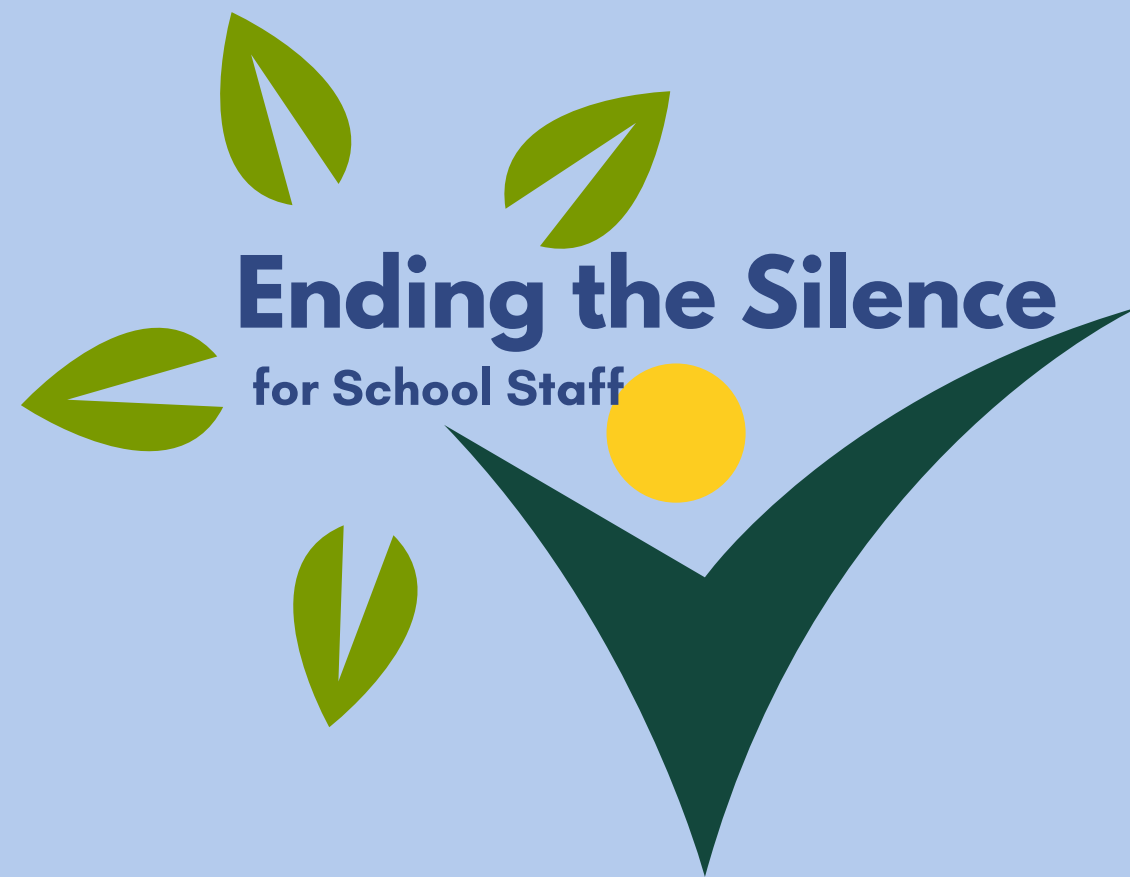


Eastside_{WA}

Ending the Silence

for School Staff





Ending the Silence for School Staff offers staff the opportunity to learn about the lived experience of youth coping with symptoms of mental health conditions. The presentation will help increase understanding and empathy for the students and families living with mental illness.

The presentation also provides important facts about mental health conditions so that staff can identify when challenging behavior may be something more.

Ending the Silence for School Staff

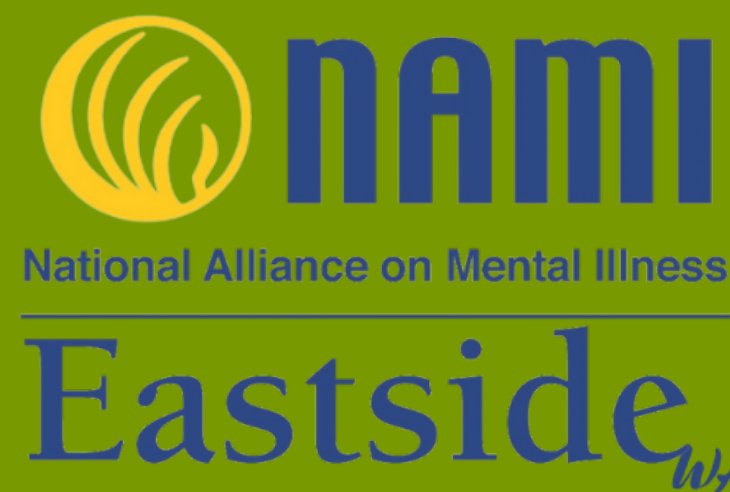
1 Hour Presentation

Great for all staff or department meetings!

Presents a four-step approach to addressing youth mental health concerns:

- Know the warning signs
- Reach out and respond
- Work with families
- Provide resources and support

Continuing Education Credits Available!

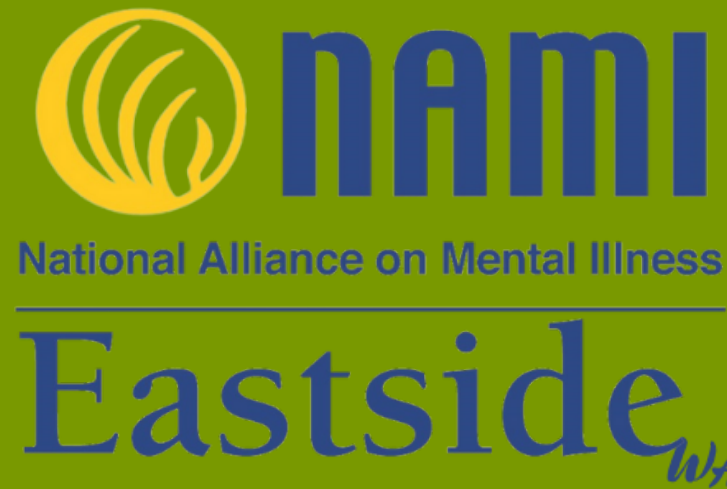


Ending the Silence

for Families



Ending the Silence for Families



Ending the Silence for Families offers community and family members the opportunity to learn about youth mental health.

The presentation covers bullying, mental health warning signs for youth, how to reach out for help with mental health professionals and school staff, and how to collaborate with the school to support students.

A great opportunity to learn more about mental illness and how to collaboratively work with school staff to support student mental health

Ending the Silence for Families

1 Hour Presentation

Presents a four-step approach to addressing youth mental health concerns:

- Know the warning signs
- Reach out and respond
- Work with school staff
- Provide resources and support



National Alliance on Mental Illness

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Ending the Silence

Bring **Ending the Silence** to Your School,
Staff, or Community!

[Click here to request a presentation](#)





National Alliance on Mental Illness

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Ending the Silence

Questions? Please contact NAMI Eastside
Program Manager Marc Oommen



marc@nami-eastside.org



425.389.3884