



 **NAMI Ending the Silence**
National Alliance on Mental Illness

**NAMI ENDING THE SILENCE PROGRAM:
A MENTAL HEALTH EDUCATION PROGRAM FOR HIGH SCHOOL STUDENTS**

WHAT IS ENDING THE SILENCE?

Ending the Silence is a 50-minute program designed for high school and youth audiences. This transformational program is devoted to giving students an opportunity to learn about mental illness through an informative presentation, short videos, and personal testimony. Through the presentation, students learn 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.



HOW THE PROGRAM WORKS:

The program is delivered by a trained two-person team, including an individual who relates to the student population by sharing their own journey with a diagnosable mental health condition.

Students are also given information regarding additional programs and services they can utilize for support.

A primary goal of this program is to create a generation of students that are well-positioned to eradicate the stigma associated with mental illness through education and advocacy.

HOW CAN I BRING ENDING THE SILENCE TO MY SCHOOL?

Contact your local NAMI affiliate, or Kelly Boyles, the NAMI California Programs Coordinator, at 916-567-0163 or kelly@namica.org to learn how you can bring this educational program to your school. You can find your local NAMI affiliate by visiting www.namicalifornia.org.

What Participants are Saying about Ending the Silence

“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.”

“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.”

“Now I know I am not alone and that I should start talking instead of keeping it to myself.”

