

NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if a student or loved one begins showing symptoms of a mental health condition.

NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

What Your Audience Will Get

- Free of cost to schools and communities.
- Presentations offered virtually.
- **NAMI Ending the Silence for Families:** 1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child, and how to work with school staff.
- **NAMI Ending the Silence for School Staff:** 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students, and how to work with families.
- **NAMI Ending the Silence for Students:** 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics, and how to get help for themselves or a friend. [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. *Available upon request.*

What People Are Saying

"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

"Thank you, Renee, for coming to my school and sharing your story. You have changed my life forever. The things you explained about your depression relate to how I feel. When I got home, I immediately talked to my parents and hopefully I will get some help." -Student

"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

"The peer presentation provided thoughtful lived experience with trust and humor. I learned that students can function to a point where symptoms go undiagnosed." -School Nurse

"Recently parents from two different families reached out to me after their children had seen NAMI Ending the Silence. Both were thanking me for the work we do along with being grateful to know about us as a resource. They were able to have very meaningful and open conversations with their children/students and happy they are getting this information in the school setting." -ETS Program Leader

Two Upcoming Virtual Ending the Silence for Families Presentations for South King County Families

- Wednesday, February 24th, 2021 from 6:00-7:00pm
- Wednesday, March 24th, 2021 from 6:00-7:00pm
- **Registration Link:** https://zoom.us/meeting/register/tJlvcO2grD0jGNL5JNw0osi-5R_dniS6BwYZ
 - Sign up for one or both using this one Zoom registration link!



Watch the Ending the Silence promo video here: <https://www.youtube.com/watch?v=c68zZikPhqc>

Schedule an Ending the Silence Presentation

If you would like to host a NAMI Ending the Silence presentation at your school, please contact Jenny Gruenberg, NAMI Washington's Youth Outreach Coordinator.

Jenny Gruenberg

NAMI Washington
Youth Outreach Coordinator
jgruenberg@namiwa.org
206-905-8594
1107 NE 45th St, Suite 330
Seattle, WA