



WHAT IS ENDING THE SILENCE?

Ending the Silence is a program to educate high school and middle school students on the early warning signs of mental illness, how to get help and recovery. Students hear the facts about mental illness as well as personal testimony from individuals who have their own lived experience and personal journey with mental illness. Through the presentation, students are given ideas about how to help themselves, friends, or family members who may be in need of support.

How the program works:

- A 50-minute program designed for high school audiences and is typically presented in the freshman/sophomore health classes during the mental health portion of the curriculum
- The program is delivered by a two-person team, including a trained consumer/presenter who relates to student population by sharing their own journey with a diagnosable mental health condition.
- Consists of a slide and video presentation explaining the signs and symptoms of several common mental illnesses such as anxiety, depression, bi-polar disorder and schizophrenia.
- It addresses treatment methods available and presents suggestions for how to help yourself, a friend or a family member who might be dealing with mental illness and healthy coping skills for daily living
- After the 30 minute slide and video presentation, a young adult consumer speaks to the students about his or her experiences of living well with mental illness
- Students are given a resource card with valuable phone numbers and websites for mental health agencies along with a list of symptoms/warning signs of mental illness. They are also given information regarding programs and services offered by their local NAMI Affiliate

Preliminary outcomes

- Create a generation of students that are well-positioned to eradicate the stigma associated with mental health challenges through education and advocacy
- Getting young people to talk about mental health challenges and paving the way for referrals and getting needed treatment

For More Information Contact:

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