

What is NAMI Ending the Silence?

NAMI Ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point, short videos, and personal stories. There are three types of Ending the Silence presentations: one for Students, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support.

Every Ending the Silence presentation includes a young adult who has experienced a mental health condition, who will share his or her personal story of recovery and hope. The co-presenter can be a caring family member or an individual with the lived experience of coping with a mental health challenge.



Available upon request free of charge!

NAMI Sussex, the local affiliate of the National Alliance on Mental Illness, has trained presenters ready to go! Presentations can be tailored to middle or high school students, community college students, faith-based or agency youth programs, as well as parent and educator groups.



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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Sussex is the local affiliate of NAMI New Jersey. Its dedicated volunteers work tirelessly to raise awareness in the community and to provide essential education, advocacy and support programs for individuals living with mental illness and the families and friends who care about them.

Contact us to become trained as a presenter or to schedule a presentation!