

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 and short videos. The presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, participants will hear a personal testimony from a young adult living with a mental health condition and his/her journey to recovery.



Audience Perspectives

"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**

"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**

Who should attend: Transitional age youth, caregivers, case managers, Independent Living Specialists, Community partners, CPA's, CCI's, teachers, counselors, etc.

Date: Tuesday, September 7, 2021

Time(s): 10:00 AM & 6:30 PM (Click registration links below to register)

[Click here to register for 10:00 AM](#)

[Click here to register for 6:30 PM](#)