



What is NAMI Ending the Silence?

NAMI Ending the Silence is a free, 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative Power Point and short videos. 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. Additionally, the presentation includes personal testimony from a young adult living with a mental illness about his/her journey to recovery.

NAMI Keystone Pennsylvania, the official state NAMI organization in Pennsylvania, can schedule an "Ending the Silence" presentation for your high school or middle school classrooms.



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

Contact us to schedule a NAMI Ending the Silence presentation for your school!



Keystone
Pennsylvania

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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 Keystone Pennsylvania and dedicated volunteers, members, and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.