



# Resource Brief

## NAMI Ending the Silence

**Website:**

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

**Grade Level:**

Middle and High School

**Time:**

- For Students: 50-min presentation
- For School Staff: One-hour
- For Families: One-hour

**Cost:**

- Free; available through local chapter

**Additional supports:**

- Handouts: How to Help a Friend, Information sheet for parents
- Individual family and peer consultations (phone, in person)
- Support groups, Family Support group
- Educational classes: Family to Family: 12-week class for family members. BASICS: 6-week class for parents/caregivers
- Brochures with local and online resources
- Educational brochures developed by NAMI on different mental health conditions

### Summary

NAMI Ending the Silence is an engaging, multi-faceted presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental illness.

NAMI Ending the Silence presentations include a lead presenter 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. The objective is that individuals will learn:

- Signs and symptoms of mental health conditions
- Statistics of the impact of mental health conditions on youth
- Recovery and coping strategies
- How to help reduce the stigma associated with mental health conditions
- How to access help for themselves or a friend

### Considerations

NAMI Ending The Silence is an excellent multi-faceted program for community, family, students and school staff that encompasses many components of MHANYS' recommended nine core mental health curriculum elements and provides sharing of lived experience, important for reducing stigma and promoting hope for recovery. Additional programming should be identified to address other areas of content, such as:

- The relationship between mental health and substance use.
- Instruction in the management of mental health crisis.

Ideally, schools should make every effort to include all three presentations: for students, for school staff and for families, so that everyone is receiving the same information.