



NAMI Ending the Silence for Students (ETS) is a 50-minute mental health awareness program for middle and high school age youth. Students learn how to recognize the early warning signs of mental health conditions and what to do if they or someone they know is exhibiting these signs. NAMI Ending the Silence instills a message of hope and recovery and encourages students to reduce stigma and end the silence surrounding mental health conditions.

How Does the Program Work?

- Presented in health, science or psychology classes, youth groups, clubs and after-school programs.
- Delivered by a trained two-person team, one of whom is a young adult living in recovery with a mental health condition.
- Includes presenter stories, educational slides, videos and discussion.
- Provides youth with resources and tools to help themselves, friends or family members who may be experiencing symptoms of a mental health condition.
- ETS reduces stigma through:
 - Education—provides accurate information about mental health conditions to promote understanding and dispel myths.
 - Personal contact—puts a human face to mental health conditions and provides hope that recovery is possible.



How is NAMI Ending the Silence Unique?

- Offered to schools, youth and communities at no cost.
- Provides youth with the opportunity to learn about mental health directly from teachers, family members, and individuals living with a mental health condition.
- Provides an opportunity for youth to ask individuals with lived experience questions directly.
- By engaging youth in a discussion about mental health among their peers, teens dealing with mental health issues realize they're not alone.

Key Messages of NAMI Ending the Silence

- Mental health conditions are not anyone's fault or something to be ashamed of.
- There are specific, observable early warning signs of mental health conditions. You can help yourself and your friends by being aware of these signs and making sure treatment is sought as soon as possible.
- If you notice these warning signs in yourself or a friend, it's important to tell a trusted adult as soon as possible. Don't keep warning signs a secret.
- The earlier you seek treatment the better.
- Although it may feel like it sometimes, you are never alone and there are many resources you can turn to for support and information.
- Recovery is possible and there is hope.

**For more information or to schedule a presentation, please contact
Michelle Ward at mward@namimass.org**