



NAMI Ending the Silence

National Alliance on Mental Illness

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.



Coming Soon!

NAMI Sussex, the local affiliate of the National Alliance on Mental Illness, is in the process of recruiting and training presenters.

Classroom presentations for middle and high school students will be available to school districts free of charge beginning September 2018.



Ria Smith and Jeri Doherty,
Ending the Silence Program
Coordinators for NAMI Sussex

Email: nami.sussex@gmail.com

Phone: 973-214-0632

www.nami-sussex-nj.org

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 an affiliate of NAMI New Jersey. NAMI Sussex's dedicated volunteer 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.

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