

# **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 and short videos. 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. Additionally, all 3 presentations include personal testimony from a young adult living with a mental health condition and his/her journey to recovery.

NAMI Lake County, OH will offer its next **NAMI Ending the Silence for Families** on **Monday, April 12<sup>th</sup> and Tuesday, April 13<sup>th</sup> at 6:00 pm.**

To register for one of the dates and receive the link, go to [www.namilakecountyohio.org](http://www.namilakecountyohio.org) and click "Ending the Silence Families" in the "Upcoming Events" or call us at (440)639-1200!



## 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

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### For more information contact:

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### About NAMI Lake County, OH

NAMI Lake County, OH is a member of the most extensive National network for support, education and advocacy for individuals affected by mental health conditions. As a local affiliate, we deliver critical programs and services that make a difference in the lives of Lake County residents. Grounded in the belief that we are stronger together, NAMI Lake County, OH focuses on bringing relief to individuals and families affected by mental health conditions and leads the local conversation on mental health.



NAMI Lake County, OH receives funding and support from the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board. To learn more, visit [www.HelpThatWorks.us](http://www.HelpThatWorks.us)