



## **Ending The Silence Program Overview**

Ending The Silence is a 50 minute program designed for high school audiences and is typically presented in the freshman/sophomore health classes during the mental health portion of the curriculum. This transformational program is devoted to giving students an opportunity to learn about mental illness through a power point, video, and personal testimony. The 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.

The program is delivered by a two person team including a trained consumer/presenter who shares their own journey with mental illness, and can relate to the student population. Students are given a resource card with valuable phone numbers and websites for mental health agencies along with a list of symptoms or warning signs. At the conclusion of the presentation, postcards are mailed home to parents informing them of the program “Ending The Silence” and information regarding the programs and services offered by their local NAMI affiliate.

The goal of this program is to create a generation of students that are well-positioned to eradicate the stigma associated with mental illness through education and advocacy.

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