



Ending the Silence is a 50-minute early intervention program for students, youth groups, clubs and after school programs to engage them in mental health education and discussion.

The program is:

- Presented at your location based on your schedule
- Delivered by a trained two-person team, one of whom is a young adult living in recovery with a mental illness, and includes presenter stories, educational slides, videos, discussion and behavioral resources and youth support services

The program reduces stigma through:

- Education: providing accurate information about mental illness to promote understanding and to dispel myths
- Personal contact: puts a human face to mental illness and provides hope that recovery is possible
- Peer-to-Peer conversation: gets students talking together about the fact that mental health is part of our overall health and well-being and there is no health without mental health

To schedule Ending the Silence presentations at your school or youth group contact the Program Manager

520-622-5582
namisa@namisa.org

"After the presentation at our school last year the presenter had the time to talk with a student. That evening the student called the suicide helpline using info provided by Ending the Silence. The student received help and is back in school as a "new kid"- she was so withdrawn and struggling. This year she is interacting with students, comes to her teachers when she needs support and is succeeding in school. I am very grateful to the presenter for her time, her willingness to share her personal story and her care and concern"

- Student

"After your presentation I talked to you about my friend and my concerns about her. I really appreciated your advice and what your program does. It really inspired me to act upon this situation and be brave enough to do so. I have to admit that I didn't know what to do until your program came to our class."

- Student

When students were asked what in the presentation was meaningful to them, here are a few responses:

"The serious talk about suicide because it's not something that gets talked about enough,"

"I think it was helpful because now I am sure who to go to when myself, or a friend's needs help." ... there are many people that you can talk to about your mental health and that you are not alone."

"The talk about the warnings. It's so important to know and recognize the signs."

"That everyone is worthy no matter what is going on in their lives."



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