ENDING THE SILENCE

NAMI | Iowa
National Alliance on Mental Illness

What is NAMI Ending the Silence?

NAMI Ending the Silence is a free, 50-minute presentation designed to give audience members an opportunity to learn about mental illness through personal stories, an informative PowerPoint and short videos. The program is evidence-based and offers four types of Ending the Silence presentations: one for Students, one for Adults, one for Educators, and one for Families. Each presentation outlines symptoms of mental health conditions, suicide prevention, and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, all 4 presentations include personal testimony from two presenters, one of whom is a young adult living with a mental health condition sharing their journey to recovery. Presentations are available in both an interactive virtual format and as an in-person presentation.

"I'm really grateful 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*

"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*

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'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.

A 2020 survey* found that 41% of respondents reported at least one mental health condition or suicidal ideation.

The time is now to End the Silence on this topic.

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*CDC Morbidity and Mortality Weekly Report