

ENDING THE SILENCE

NAMI Kenosha County

A FREE classroom presentation program to help middle and high school students understand mental illness. During the 50-minute presentation, a young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurts and what helps.

ADHD, Addiction, Anxiety Disorder, Bipolar Disorder, Borderline Personality Disorder, Depression, Dual Diagnosis, Eating Disorders, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, Schizophrenia.

Why Ending The Silence Matters	What Students Get
<ul style="list-style-type: none"> • 1 in 5 kids experiences a mental health condition; only 20% of them actually get help. • About 50% of students ages 14+ with a mental health condition will drop out of school. • Suicide is the second-leading cause of death for 15-24 year olds. • The earlier the better: early identification and intervention provides better outcomes. <p>NAMI Ending the Silence helps raise awareness, changes perceptions, assumptions and stereotypes by describing the reality of living with mental illness. We can teach youth about the warning signs for themselves and their friends.</p> <p>We replace misunderstanding, fear, and judgment with insight, awareness, and acceptance.</p>	<p>Moving stories from positive role models have the power to change kids' views. The discussion gives students the rare opportunity to ask questions of people who have lived with mental illness challenges. The presentations message of empathy and hope encourages students to actively care for themselves and their friends. It also teaches them it's okay to talk about what they're feeling. NAMI Ending the Silence covers:</p> <ul style="list-style-type: none"> • Early warning signs. • Facts and statistics about youth and mental health conditions. • When, where and how to get help for themselves or their friends. • When it's not okay to keep a secret. <p>If you would like to host a presentation at your school, contact Lisa Zanin - lzanin1953@gmail.com.</p>



Talk to someone who understands...someone just like you. For more information, please visit our website www.namikenosha.org or call 262-652-3606.

