



NAMI Ending the Silence (ETS) is prevention and early intervention program that engages students in a discussion about mental health. This 50-minute in-school presentation is designed for middle and high school students.

TO SCHEDULE A LOCAL PRESENTATION, PLEASE CONTACT OUR AFFILIATE
NAMI Southwestern Illinois at 2100 Madison Ave., 4th Floor, Granite City, IL 62040
 Email: info@namiswi.org Phone: (618) 798-9788

We appreciate your support of this program!!

Importance of Prevention and Early Intervention

- One in four adults—approximately 61.5 million Americans—experiences mental illness in a given year.
- Approximately 20 percent of youth ages 13-18 experience severe mental disorders in a given year.
- Almost one-half of youth ages 8-15 with mental illness received no mental health services in the previous year.
- Although 50 percent of individuals began experiencing symptoms by age 14, the average delay between onset of symptoms and receiving treatment is 8-10 years.
- Studies show that stigma is the greatest barrier to individuals receiving treatment and achieving recovery.
- The majority of individuals who receive treatment early recover and are able to effectively manage their mental illness and lead fulfilling, productive lives.
- Prevention and early intervention are key to helping people avoid serious mental illness.

How Does the Program Work?

- Presented in freshman/sophomore health, science or psychology classes, youth groups, clubs and after-school programs.
- Delivered by a trained two-person team, one of whom is a young adult living in recovery with mental illness.
- Includes presenter stories, educational slides, videos and discussion.
- NAMI Ending the Silence reduces stigma through:
- Education—provides accurate information about mental illness to promote understanding and dispel myths.
- Personal contact—puts a human face to mental illness and provides hope that recovery is possible.

How is this Program Unique?

- Offered to schools and students at no cost.
- Provides students the opportunity to learn about mental illness directly from family members and individuals living with mental illness.
- Provides opportunity for students to ask questions directly of a “real life” young person with mental illness and a family member.
- By engaging in a discussion about mental illness among their peers, students dealing with mental health issues may realize they’re not alone.

How Does NAMI Ending the Silence Benefit Students?

- Students learn early warning signs of mental illness.
- Students receive resources and tools to help themselves, friends or family members who may be experiencing symptoms of mental illness.
- Contact with an individual living well with mental illness dispels myths, instills a message of hope and recovery and encourages students to reduce the stigma associated with mental illness.

Key Messages of NAMI Ending the Silence

- Mental illness is a medical illness like any other physical illness.
- Mental illness is not anyone’s fault or something to be ashamed of.
- There are specific, observable early warning signs of mental illness. You can help yourself and your friends by being aware of these signs and making sure treatment is sought as soon as possible.
- Although it may feel like it sometimes, you are never alone and there are many resources you can turn to for support and information.
- Recovery is possible and there is hope.

Student Testimonials

- “Thank you, Renee, for coming to my school and sharing our story. You have changed my life forever. The things you explained about your depression relate to how I feel. When I got home, I immediately talked to my parents and hopefully I will get some help. I have had many thoughts of suicide...”
— Andrea R.
- “I believe I’ve had depression since 7th grade. I have been holding it in for a really long time. After hearing the presentation I went home and told my mom. I told her I need help with this because it is not something I can fix myself; I have tried and tried. Now, after school today, I have a meeting with a psychiatrist. I am really scared, but I know I am doing the right thing.” — Peter B.
- “I’m grateful for your presentation because it helped me get the courage to face a mental illness I think I might have and I feel encouraged to seek help.” — Jessica T.