

## What is NAMI Ending the Silence?

NAMI Ending the Silence is a free, 50 or 90-minute evidence based presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point, short videos, and a speaker living with a mental health condition who shares his or her lived experience and journey to recovery. There are three types of Ending the Silence presentations: one for Students, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support.

**NAMI Bucks County, the local organization of the National Alliance on Mental Illness, offers presentations that fit with your schedule and lesson plan at any public or private school in Bucks County. Online scheduling is now available on our website: [www.namibuckspa.org](http://www.namibuckspa.org).**



## Audience Perspectives

“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

“I’m really grateful and glad that 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

## 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 Bucks County, PA and 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.

## Contact us to schedule a presentation!

**Laurie Pepe, Coordinator**

Office: 1-866-399-NAMI | Cell: 215-913-0479

E-mail: [lpepe@namibuckspa.org](mailto:lpepe@namibuckspa.org)

Schedule online at [namibuckspa.org](http://namibuckspa.org)