


**Make a
difference
in the life
of teens.**

Schedule a **NAMI
Ending the Silence**
presentation for your
students, school staff
and families.

 **nami** **Ending the Silence**
National Alliance on Mental Illness

Now being offered virtually on ZOOM!

Especially during these challenging times in a global pandemic people are experiencing higher rates of depression, suicidal thoughts and attempts, engaging in self harm and using substance. Mental health has never been more important. NAMI Bucks County is here for you! We offer support, education and specific programs to meet the needs of your students, family members/caregivers and staff. The increase in isolation and loneliness is impacting how we all live, work and attempt to have socially distant relationships. Please call me to discuss how we can support you! You Are Not Alone! All of our programs are at no cost to you. The real cost is having students experience depression, anxiety and thoughts of suicide.

NAMI Ending the Silence (ETS) is a 50- 90 minute mental health education and awareness program for all Bucks County students. (ETS) is evidenced based with data that young people are seeking help and helping others. Teens learn how to recognize early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. NAMI Ending the Silence instills a message of hope and recovery and encourages teens to reduce stigma and end the silence surrounding mental illness. Some topics covered are suicide awareness, self-harm, use of substance and bullying.

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