

## A program for young adults....

NAMI Solano County is in the process of rebuilding our Ending the Silence program. Ending the Silence presentations are designed for middle and high school students, school staff, and parents or guardians of middle or high school aged youth. Audiences learn about the signs & symptoms of mental health conditions, how to recognize the early warning signs and the importance of these warning signs.



*We are looking for young adults age 18-35 years old who have a mental health condition and are in recovery. They will share their story of recovery during the presentation. It is a wonderful opportunity for them to help others who may be struggling. One of the benefits to others, is that they realize they are not alone and there is help for them.*

There is **online training** through NAMI National and individual training in person to assist the young adult speaker. Once the young adult has been trained, he/she will be eligible to do a presentation.

A **stipend will be paid** for each presentation completed.



For more information regarding this program, please contact:

Jeannette Goyette, ETS Coordinator email: [goyhoff@sbcglobal.net](mailto:goyhoff@sbcglobal.net)

Sponsored by NAMI Solano County along with a grant from  
MHSA (Mental Health Services Act) and Solano County.



[www.NAMISolanoCounty.org](http://www.NAMISolanoCounty.org)



