

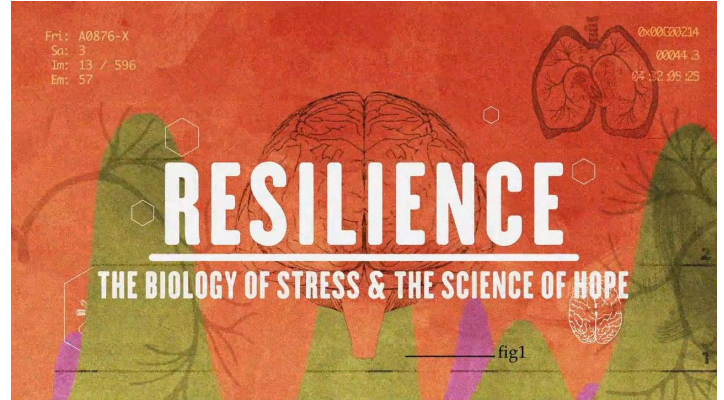
MENTAL HEALTH AND WELLNESS EDUCATION FOR FAMILIES & EDUCATORS

Join us for one of the following pairs of screenings of the documentary *Resilience* and *Ending the Silence* presentations:

Resilience is a new documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress. You'll learn how toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death.

NAMI's Ending the Silence (ETS) is a 60-minute presentation that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach your student



9/8 | Part A: *Resilience**

9/10 | Part B: *Ending the Silence* | 12-1pm or 7-8pm

9/18 | Part A: *Resilience**

9/22 | Part B: *Ending the Silence* | 4-5pm or 7-8pm

10/7 | Part A: *Resilience**

10/10 | Part B: *Ending the Silence* | 10-11am

10/24 | Part A: *Resilience**

10/28 | Part B: *Ending the Silence*: | 9-10am or 7-8 pm

*On Demand for 48 hours beginning at 8am

To register, visit namisc.org/programs

FACTS ON MENTAL HEALTH AND YOUTH

1 in 5 children experience a **mental health condition** in a given year.

1/2 of all lifetime cases of mental illness begin by **age 14** and **75%** begin by **age 24**.

Suicide is the **2nd** leading cause of death for people ages **10-24**. **17%** of high school students seriously consider suicide each year.

LGBTQ+ youth are **6x** more likely to attempt suicide, and the suicide rate for **black youth** rose **73%** from 1991 to 2017.

FOR EVEN MORE RESOURCES, VISIT US AT:

namisc.org/resources

 **NAMI** South Carolina
National Alliance on Mental Illness