

Ending the Silence

A Presentation on Youth Mental Health

About Ending the Silence

NAMI Ending the Silence is a presentation program sharing information about youth mental health, including:

- Facts and statistics
- Information about warning signs
- Steps to early intervention
- Tips on how to reach out and respond
- And **first hand experience** from a young adult who lives with a mental health condition

We offer Ending the Silence presentations for students, school staff, and family members, each led by presenters with lived experience.

Join us for our upcoming online trainings, open to all in the community who may benefit:

Monday, February 5th

Staff Who Work With Youth:

3:30 - 5:00 PM

Parents & Families of Youth:

6:00 - 7:30 PM

Trainings will be held on Zoom. Register at tinyurl.com/NAMIETS24, or scan here:



Interested in bringing Ending the Silence to your school, parent group, or workplace? Contact

info@namimultnomah.org!

