



**Ending  
the Silence**



## **NAMI WESTCHESTER SEEKING PRESENTERS**

**A national mental health education program  
for middle and high school students, based on real-life experiences**

The ***Ending the Silence*** presentation features individuals and family members whose lives have been affected by a mental health condition. They provide real-life perspectives based on personal experiences during a free in class presentation that is designed to complement health or psychology classes. It is typically presented in middle or high school.

**Each trained presentation team includes a lead presenter. This person should be a family member of a person living with a mental health condition. The person will use Powerpoint/video that covers the signs and symptoms of mental illnesses, statistics on how mental illness affects youth, ways to reduce stigma, and how to find help, as well as suicide prevention.**

**The other presenter is a young adult in recovery, who will present his/her personal perspective on the experience of living with a mental health condition and their experience in school.**

**Presenters must participate in training, have transportation and have weekday daytime availability during school hours.**

The requests for presentations are increasing and in order to meet the demand, we need more presenters. If you meet the criteria, please consider joining us in educating our youth and providing them with the necessary life skills to deal with mental health issues.

**If interested in being a presenter, call Sharon McCarthy at  
NAMI Westchester at 914-592-5458.**