



What is NAMI Ending the Silence?

NAMI Ending the Silence is a free, 50 minute middle and high school presentation designed to give students an opportunity to learn about mental illness through an informative Power Point and short videos. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Additionally, the presentation includes personal testimony from a young adult living with a mental illness about his/her journey to recovery.

Please contact NAMI Delaware, the local organization of the National Alliance on Mental Illness, at (302) 427-0787 or email Annie Slease at aslease@namide.org to learn more bringing NAMI Ending the Silence to your school or youth program.



Audience Perspectives

"It is amazing what just one day, one talk can do. You never really know what's going on in the brain of any particular student." -Teacher

"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. But, now I'm sure they would be more supportive of me." -Student

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Delaware, the National Alliance on Mental Illness in Delaware, is a non-profit organization dedicated to improving the lives of those with mental illness and their families. NAMI Delaware's mission is to support, educate and advocate until there is a cure.