

## NAMI's signature mental health awareness program for youth



# Sharing your journey can help change lives!

**A**re you a young person in recovery from a mental health disorder? Sharing your journey of recovery can help students find their own paths to wellness!

Consider becoming a NAMI Ending the Silence presenter. NAMI Ending the Silence is a free, 50-minute presentation designed to give students an opportunity to learn about mental illness through an informative Power Point and short videos.

You can make a difference: presenters help teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. NAMI Ending the Silence instills a message of hope and recovery and encourages teens to reduce stigma and end the silence surrounding mental illness.

**Please consider volunteering to support this crucial program today!**

Join us at a free training for new presenters June 22 and 23, 2019, in Roseburg, Oregon. Lodging and travel expenses will be covered for those coming from outside the Roseburg area.

To read more about NAMI Ending the Silence, visit: **[www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence](http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence)**

The training application and schedule are available on the Trainings page of the NAMI Oregon website: **<https://namior.org/programs/for-program-leaders/trainings/>**

*For questions, contact NAMI Oregon Education Programs Manager Peter Link (pete@namior.org, 503-230-8009).*

