



# NAMI Ending the Silence

National Alliance on Mental Illness

## What is NAMI Ending the Silence?

NAMI Ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point and short videos. There are three types of Ending the Silence presentations: one for Students, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, all 3 presentations include personal testimony from a young adult living with a mental health condition and his/her journey to recovery.

## NAMI Alabama is now taking applications for NAMI Ending the Silence



### Training consists of:

- Part One: On line training (work at your own pace)
- Part Two: In person presentation training.

### For each group, we need at least 2 persons:

1. One person living with a mental health condition and in recovery (ages between 18-33)
2. An adult 33 and over who is a family member (Family to Family, Connection, or Basics trained) or a person living with mental illness and in recovery (Peer to Peer or Connection trained).

If you are an active member of NAMI and are interested in taking this training, please fill out the application and return it to Joan Elder ([jelder4158@gmail.com](mailto:jelder4158@gmail.com)) or NAMI Alabama ([kemerson@namialabama.org](mailto:kemerson@namialabama.org)).



# NAMI

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# Alabama

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# NAMI

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### 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 Alabama and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.