



About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

What is NAMI Ending the Silence?

- A preventative and early intervention presentation that engages youth, school staff, and families in a discussion about mental health.
- **Available free for 3 different audiences:**
- **Students**
- **Families**
- **School staff**
- Presented by trained volunteers consisting of:
 - A young adult (18-35) with a mental health condition
 - An adult with a mental health condition, or family member of a person who has a mental health condition.
- Audience members learn to recognize the early warning signs of mental health conditions and what to do if they or someone they know is showing these signs.
- Audience members can ask questions of family members and people experiencing mental health conditions.
- By engaging youth, school staff, and families in a discussion about mental health conditions, young people dealing with mental health conditions realize they're not alone.
- NAMI Ending the Silence program does not recommend or endorse any medications or other medical therapies.
- NAMI Ending the Silence program material is copyrighted.

Current NAMI Ending the Silence Stats

NAMI Ending the Silence was developed in 2007 by Brenda & Brian Hilligoss with NAMI DuPage County Illinois

- In 2013 NAMI DuPage County generously gifted the program to NAMI for oversight and technical help
- Available in 41 states*

- More than 800 volunteers have been trained to lead NAMI Ending the Silence*
- Over 400,000 participants since 2018

How do people learn about NAMI Ending the Silence?

[Click here to view an informational video about this presentation.](#)

How can I get involved?

NAMI Ending the Silence presenters are also trained to provide community outreach and marketing for the program. In addition to traditional methods of outreach, such as flyers and brochures, NAMI Ending the Silence is promoted electronically via newsletters, websites and social media supported by NAMI State Organizations and NAMI Affiliates.

As with other NAMI education and support programs, NAMI Ending the Silence offers a vital community resource while also raising public awareness of NAMI generally and introduces NAMI to audiences who do not already know about us.

Contact your NAMI Affiliate- NAMI *South King County*, if you would like to learn more about the NAMI Ending the Silence Program and how to bring it to a school or organization in your area. You can also visit [NAMI Ending the Silence](#) or email Robin Hinz at rhinz@namiskc.org.