

NAMI Washington County, the local organization of the National Alliance on Mental Illness, will offer **NAMI Ending the Silence for Families** on Tuesday, Nov. 12th, 2019 at 6 p.m. at Slinger High School in the Performing Arts Center.

For Parents and Guardians



Topics covered:

- Importance of addressing mental health issues early.
- Warning signs of mental health conditions in youth, reaching out and responding (communication tips).
- Warning signs of suicide and taking action.
- Talking with school staff; talking with health care professionals.
- Connecting with resources and support.

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. The presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help their children, friends, or family members who may need support. Additionally, the presentation includes personal testimony from a young adult living with a mental health condition and his journey to recovery.

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 health conditions. NAMI Washington County is an affiliate of NAMI Wisconsin. NAMI-Washington County 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 health conditions and their loved ones.