



Multnomah

Ending the Silence

A Presentation on Youth Mental Health

About Ending the Silence

NAMI Ending the Silence is a presentation program sharing information about youth mental health, including:

- Facts and statistics
- Information about warning signs
- Steps to early intervention
- Tips on how to reach out and respond
- And **first hand experience** from a young adult who lives with a mental health condition

We offer Ending the Silence presentations for students, school staff, and family members, each led by presenters with lived experience.

Join us for our upcoming online trainings, open to all in the community who may benefit:

Monday, October 16th

Staff Who Work With Youth:

3:30 - 5:00 PM

Parents & Families of Youth:

5:30 - 7:00 PM

Trainings will be held on Zoom. Register at tinyurl.com/NAMIETS23, or scan here:



Interested in bringing Ending the Silence to your school, parent group, or workplace? Contact

info@namimultnomah.org!



Volunteers Needed for Youth & Young Adult Programs!

We're looking for volunteers who are:

- Under the age of 30 with lived experience of a mental health condition, or
- Parents or caregivers of a young person who experiences symptoms of a mental health condition

Volunteer roles include sharing your story, presenting in schools, teaching mental health classes to young people, facilitating support groups, and more.

We are also looking for volunteers to lead LGBTQIA+ programs, and college students interested in starting NAMI clubs at their schools.

Training is provided, and monetary stipends are available for some roles. Interested in learning more? Contact Alyssa at acarnes@namimultnomah.org.



NAMI Multnomah
National Alliance on Mental Illness