NAMI Ending the Silence is a presentation designed to give school-aged students an opportunity to learn about mental health conditions through an informative PowerPoint and short videos. The presentation educates students about the signs and symptoms of mental health conditions and gives them ideas about how to help themselves, family members, or friends who may be in need of support. The program also includes personal testimony from a youth or young adult with lived experience about their journey in learning to cope with their mental health challenges.

Develop your public speaking skills and share your personal experience of recovery from mental illness to decrease stigma and increase public awareness about mental illness. Ending the Silence is a structured outreach presentation with which you can become a role model for hope and recovery for other mental health peers in the community. The presentation puts a human face to mental illness and is used to provide insight into the peer experience of recovery for mental health professionals, students, and family members.

Minimum Requirements for Volunteer Ending the Silence Presenter

- Because NAMI Ending the Silence is taught in schools and youth settings, applicant should have a flexible schedule so they can present weekdays during school hours.
- Individuals must be comfortable talking in front of various audiences and willing to share aspects of their personal experience of living with mental illness.
- Willingness to maintain fidelity of the NAMI Ending the Silence model.
- Allow audience members to connect on a personal level via question and answer sessions
- Provide an opportunity for audience members to gain insight into the lived experience of life with mental illness
- Willingness and capability to undergo Ending the Silence training
- Agree to report presentation data, as required by NAMI, after each presentation
- Willingness to serve as a representative of NAMI Greater Cleveland
- Is (or willing to become) a member of NAMI
- Be between the ages of 18 and 35 years of age

Presenter Criteria

- Presentations consists of two presenters, a lead presenter and a young adult presenter.
Lead Presenter

- An adult who is either a family member or an individual living in recovery with a mental health condition.

Young Adult Presenter

- A young adult (aged 18-35) who is living in recovery with a mental health condition and can relate well to youth ages 13-18; Possible I00V presenter or participates in another mental health speakers bureau.