This amazing what just one. day one talk can do you never really know what's going on in the mind of any particular student.

E NAME

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

If you're seeking support or need information challenge in yourself or a loved one, you are on how to better manage a mental health not alone. NAMI is here for you.

NAMI supports your and your family's unique journey towards mental health and wellness. Our outstanding peer-led programs provide free education, skills training and support. Thousands of trained volunteers are bringing these programs to their communities every ensure better lives for everyone. day.-We invite you to join our movement to

> contact the NAMI Affiliate in your area To schedule a presentation, visit nami.org/local and

Tairbanics

PO Box 72543 Fairbanks, AK 99707 at 3504 Industrial Ave #102, Fairbanks, AK Open Mon-Wed-Fri 11 am - 4 pm 937-456-4784 ramifaitharks.og



www.nami.org/ets

800-950-NAMI or info@nami.org NAMI Helpline:

facebook.com/NAMI

@NAMICommunicate

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National Alliance on Mental Illness

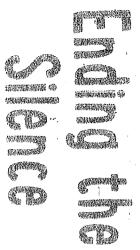


Hental Health Awareness Program that Supports Youth





National Alliance on Mental Illness



and what to do if you or a loved one show NAMI Ending the Silence is an engaging the warning signs of mental health conditions presentation that helps audiences learn about

a mental health condition shares their journey of recovery. Audience members can ask misunderstood topic. Through dialogue, we car informative presentation and a young adult with In presentations, a lead presenter shares an help grow the movement to end stigma. questions and gain understanding of an often

often feel very alone or weird that you talked to us. I 'im really grateful and glad supportive of me. im sure they would be more don't understand. But. now because many kids my age -Student

447267

ages 8-15 experience a mental health condition OF CHILDREN

> living in the U.S. OF CHILDREN

seriously consider suic

OF HIGH SCHOOL STUDENTS

OF CHILDREN

ages 8-15 experiencing a don't receive treatment mental health condition

experience a menta (1 out of 5 children) health condition in a given year

OF ALL LIFETIME CA of mental illness bec by age

Despite effective treatments, there are long delays—sometimes decades—between onset of symptoms and treatment

- Free of cost to schools and communities
- school students that includes: NAMI Ending the Silence for Students: 50-minute presentation designed for middle and
- Information about warning signs
- Facts and statistics
- How to get help for themselves or a friend

attitudes toward mental health conditions and toward seeking help Research has shown that this program changes middle and high school students' knowled

- NAMI Ending the Silence for School Staff: 1-hour presentation for school staff that inclu
- Information about warning signs
- Facts and statistics
- How to approach students and how to work with families
- NAMI Ending the Silence for Families: 1-hour presentation for parents and primary care
- Information about warning signs
- Facts and statistics
- How to talk with your child and how to work with school staff

NAMI Fairbanks Budget for Golden Heart Rotary Grant for teen suicide prevention program
Here is the proposed budget for this project:
Staff time for recruiting and training volunteers: \$3,400 (\$22/hour)
Staff time for recruiting and training: 156 hours (6 hours/week for 26 weeks)
Staff time for outreach: \$600 (22/hour)
Staff time for outreach to local youth-serving agencies for scheduling presentations: 26 hours (2 hours/week for 13 weeks)
Estimated cost with shipping for NAMI materials \$1,200.
Includes: mental health informational publications for parents, students and school staff, leave behind cards for students and for school staff, ETS wristbands, "Navigating Mental Health Crisis" resource booklets
The state of the s
Printing training manuals and purchasing binders: \$400
Advertising: \$400