



NAMI South Carolina's Ending the Silence team believes that we all have mental health, that we all struggle sometimes, and that tools and coping skills are available to help us deal with anything from stress to a mental health condition.

**NAMI Ending the Silence (ETS) for Students** is a free 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to get help for themselves or a friend

**NAMI Ending the Silence (ETS) for Families** is a free 60-minute presentation for parents and student caregivers that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach your student
- How to work with school staff

**Parent Refresh** is a free 30-minute interactive session that can be added to the end of ETS for Families. It will empower parents and caregivers to support their child's mental health by encouraging personal mental wellness, providing strategies that promote mental health at home, and providing connections with other caregivers and community resources.

**NAMI Ending the Silence (ETS) for School Staff** is a free 60-minute presentation for school staff that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach students
- How to work with families

**Teacher Refresh** is a free 30-minute interactive session that can be added to the end of ETS for School Staff. It will empower teachers to support their students' mental health by encouraging personal mental wellness, demonstrating strategies that promote mental health in the classroom, and fostering connections with other educators.