You are invited to the

PYC WELLNESS RETREAT

National Alliance on Mental Illness (NAMI) keynote speakers

ENDING THE SILENCE

program is for 6th grade through high school students and parents

Two presentations, one for the youth and one for parents, given simultaneously.

How it works:

- The lead presenter shares information and a young adult shares their journey of recovery from their mental health condition
- There are opportunities for questions throughout the presentation to support learning more about this often-misunderstood topic.
- The message of empathy and hope encourages people to actively care for themselves and for their peers:
  - whether by reaching out for help
  - encouraging a friend or family member to seek help
  - or by reducing stigma
- After the presentations, participants will choose 2 of the 4 workshops to attend. Workshops include Games, Art, Yoga, and Mission.

The goal of NAMI ETS is to create a generation of individuals who are well-positioned to end the silence and stigma surrounding mental illness.

Topics included in the presentations:

- Signs and symptoms of mental illness and suicide
- Statistics on how mental illness affects youth
- Personal perspectives on the experience of living with mental illness
- Recovery and coping strategies and resources available
- Ways to seek help for themselves, a child or for a friend
- Ways to help reduce the stigma associated with mental illness
- How to work with school staff to get help for your child
- How to advocate for your child with insurance, healthcare providers

Please join us, no registration needed!