

# JOIN THE TEAM

AS A YOUNG ADULT  
STORY TELLER  
OR A LEAD PRESENTER!



Storytellers  
must be  
between  
18-35yrs  
with their  
own  
mental  
health  
journey.  
Lead  
Presenters  
must be  
18yrs+



NAMI Montgomery County PA is calling  
young adults to share their mental  
health journey!

## ABOUT NAMI ENDING THE SILENCE (ETS)

ETS is a free presentation designed to help the audience learn about mental illness through an informative Power Point presentation and short videos.

There are three types of Ending the Silence presentations: one for Students, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support.

All presentations include personal testimony from a young adult living with a mental health condition and his/her journey to recovery.

### ***PRESENTER STIPEND OFFERED***

If you are interested in sharing your story, please contact our office at 215-361-7784 or email Bernadette Selgrath, Education and Outreach Coordinator, at [bselgrath@namimontcopa.org](mailto:bselgrath@namimontcopa.org)

