

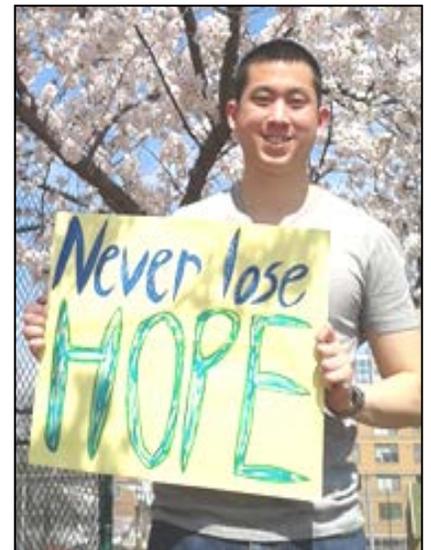
# Ending the Silence



**Ending the Silence** is a mental health awareness and suicide prevention program that destigmatizes mental illness and empowers teens to ask for help. Ending the Silence was designed by the National Alliance on Mental Illness and is delivered locally by Project Oz, McLean County's provider of universal prevention education. This program is supported by a community-wide collaboration of many agencies, including NAMI Livingston/McLean Counties, Advocate BroMenn Medical Center, the Regional Office of Education, the Center for Human Services, the Center for Youth and Family Solutions, PATH Crisis Center, and the Illinois Prairie Community Foundation. Ending the Silence is in the process of becoming evidence-based and currently reaches 40,000 teens nation-wide annually.

## How does *Ending the Silence* work?

- Delivered in **one class period** in junior high and/or high school.
- Educates teens about the **warning signs** of suicide and other common mental health concerns.
- Provides teens with the **resources** they need to ask for help.
- **Reduces stigma** by incorporating personal stories of recovery.
- Includes an optional **follow-up activity** to help students practice coping skills and identify supportive adults.
- **Increases the ability of adults** to respond to youth mental health concerns by educating parents and school staff.



## What do McLean County students think?

- ✓ **99%** agree: "As a result of this presentation, I know how to help myself or a friend if I notice any of these warning signs," or "I feel more comfortable talking about mental health because of this presentation."
- ✓ **95%** agree: "I know early warning signs of mental illness."
- ✓ **95%** agree: "I would recommend this program to others."

## Here are a few specific comments from McLean County students:

*"I feel like this presentation just **saved** some of the people in this room."*

*"I've been struggling, and **you inspired me to tell someone** about my feelings."*

*"This was **so powerful**. It's amazing to know that a real person understands."*

*"I think that this program could **change the world**."*

Join the community effort to bring suicide prevention to every student in McLean County. Call **Project Oz** at (309) 827-0377 or email Colleen O'Connor at [coconnor@projectoz.org](mailto:coconnor@projectoz.org).

