



NAMI Ending the Silence

National Alliance on Mental Illness

NAMI Ending the Silence presentations include two young adults with mental health conditions who share their journey of recovery. Topics include what a mental health condition is, warning signs that someone may need help and how to get help for yourself or a friend. Audience members can ask questions to learn more on an often-misunderstood topic. By talking about mental health, we can help end stigma.



**First Wednesday of each Month
at Moxy Up at 3 PM**

1616 US Highway 395, Minden NV



NAMI Western Nevada

National Alliance on Mental Illness