



**New Hampshire**

# **NAMI Ending the Silence**

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# Agenda

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- **Introduction**
- **Mental health stigma & youth**
- **What is Ending the Silence (ETS)?**
- **Presentation details**
- **Scheduling a presentation**
- **Volunteering for ETS**

# Mental Health in New Hampshire



**1 in 5 U.S. adults** experience mental illness each year.



**221,000 adults** in **New Hampshire** have a mental health condition.

That's more than **5X** the population of Concord.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



**More than half of Americans** report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **37.7% of adults in New Hampshire** reported symptoms of **anxiety or depression**.

**17% were unable to get needed counseling or therapy.**



**1 in 20 U.S. adults** experience serious mental illness each year.

In New Hampshire, **57,000 adults** have a **serious mental illness**.



**1 in 6 U.S. youth** aged 6–17 experience a **mental health disorder** each year.

**15,000 Granite Staters** age 12–17 have depression.

**Granite Staters struggle to get the help they need.**



**More than half of people** with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **70,000 adults in New Hampshire** who **did not receive needed mental health care**, **41.7%** did not because of cost.

**6.4% of people in the state are uninsured.**



**Granite Staters** are over **3x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

**92,510 people** in New Hampshire live in a community that **does not have enough mental health professionals**.

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

**56.6% of Granite Staters** age 12–17 who have depression **did not receive any care** in the last year.



1,675 people in New Hampshire are homeless and **1 in 3 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In New Hampshire, **279 lives were lost to suicide** and 53,000 adults had thoughts of suicide in the last year.

**1 in 4 people with a serious mental illness has been arrested**

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



**7 in 10 youth** in the juvenile justice system have a mental health condition.



National Alliance on Mental Illness

NAMI New Hampshire is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

*This fact sheet was compiled based on data available in February 2021. For full citations, visit: [nami.org/mhpolicystats](https://nami.org/mhpolicystats).*

# Lifetime Mental Health Conditions



- 50% begin by age 14
- 75% by age 24

# Stigma



## Public Stigma

- Negative stereotypes and prejudices resulting in discrimination

## Self-Stigma

- Internalization of public stigma

**ENDING MENTAL  
HEALTH STIGMA,  
one conversation  
at a time.**





# ENDING THE SILENCE

[ETS.NAMI.ORG](https://www.ets.nami.org)



# Overview of the ETS Presentation

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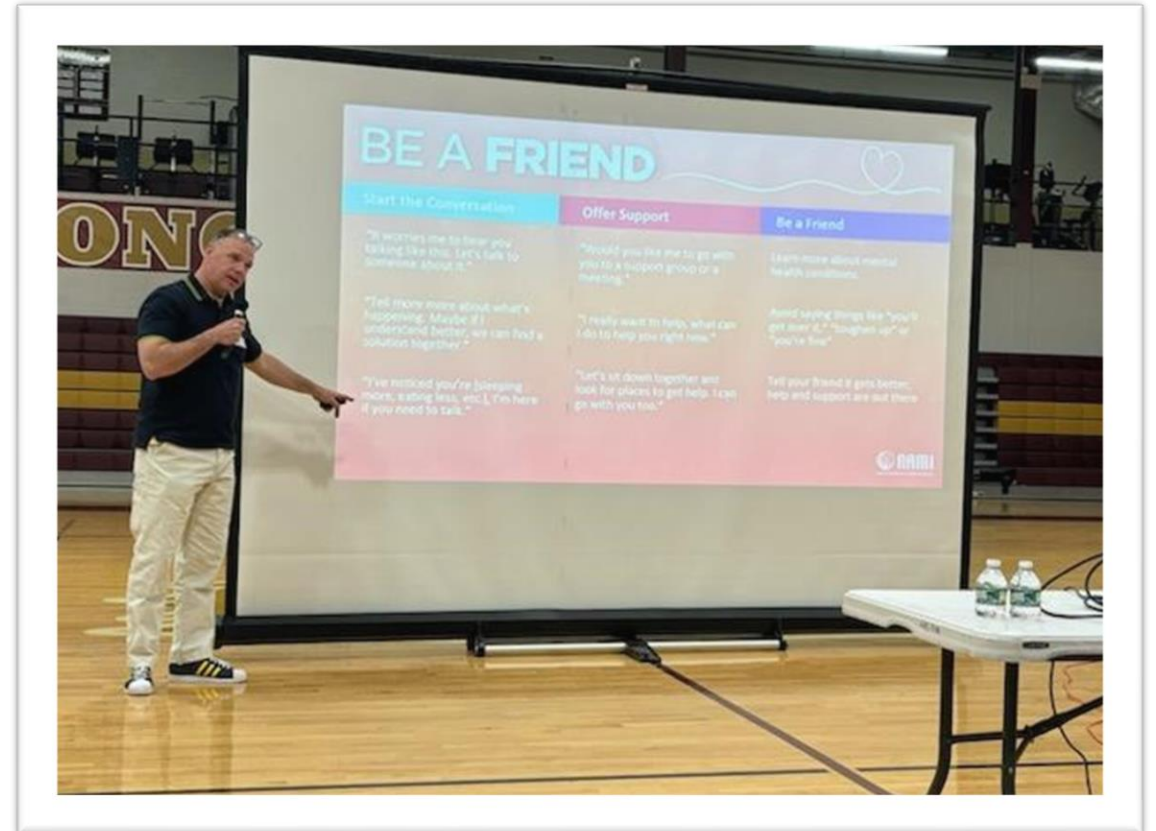
- Free and evidence-based
- 50-minute to 1-hour sessions
- PowerPoint presentation includes short videos
- Two Presenters
  - Lead presenter delivers the PowerPoint
  - Young adult shares their recovery journey
- Learn about warning signs & steps to take
- Q & A - audience members ask questions

# ETS Options

| Version                           | Audience  | Time    | Takeaways   |
|-----------------------------------|---|---------|---|
| ETS for Students                  | Youth in grades<br>5th - 12th                                 | 50 min  | <ul style="list-style-type: none"> <li>• Facts/statistics</li> <li>• Warning signs</li> <li>• Help is available</li> <li>• Talk w/ a trusted adult</li> </ul>         |
| ETS for Staff                     | Schools, libraries, &<br>other youth serving<br>organizations | 60 min  | <ul style="list-style-type: none"> <li>• Facts/statistics</li> <li>• Warning signs</li> <li>• Approaching students</li> <li>• Working w/ families</li> </ul>          |
| ETS for Families                  | Parents & caregivers  | 60 min  | <ul style="list-style-type: none"> <li>• Facts and statistics</li> <li>• Warning signs</li> <li>• Talking w/ your child</li> <li>• Working w/ school staff</li> </ul> |
| Online Version<br>(Students only) | Youth in grades<br>5 <sup>th</sup> - 12th                     | 25+ min | <ul style="list-style-type: none"> <li>• Facts/statistics</li> <li>• Warning signs</li> <li>• Help is available</li> <li>• Talk w/ a trusted adult</li> </ul>         |

# NAMI Ending the Silence for Students

- In-Person or Virtual
- 50-minute presentation for middle and high school students
- Information includes:
  - Mental health basics
  - Support and treatment are available
  - Speak with a trusted adult





WHAT IS  
**MENTAL HEALTH?**

# ETS for Students – PowerPoint Presentation

## WHAT ARE MENTAL HEALTH CONDITIONS?

### Mental health conditions ARE:

- Medical conditions, like physical conditions
- Conditions that change the way people think, feel and act
- Common and treatable

### Mental health conditions ARE NOT:

- Anyone's fault
- Something to be ashamed of
- Limiting — you can achieve your goals



## KNOW THE WARNING SIGNS

- Feeling very sad or withdrawn for more than 2 weeks
- Severe out-of-control, risk-taking behaviors that cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Seeing, hearing or believing things that aren't real
- Drastic changes in mood, behavior, personality or sleeping habits



## WHAT YOU CAN DO



Talk to a trusted adult (more than one if necessary)



Talk to a friend



Send a message to someone who cares about you

### WHAT TO SAY

"I haven't felt like myself lately, and I don't know what to do. Can I talk to you about it?"

"I'm worried about stuff that's going on right now, do you have time to talk?"

"I'm having a really hard time: will you go with me to see someone?"



## BE A FRIEND



### Start the Conversation

"It worries me to hear you talking like this. Let's talk to someone about it."

"Tell more more about what's happening. Maybe if I understand better, we can find a solution together."

"I've noticed you're [sleeping more, eating less, etc.], I'm here if you need to talk."

### Offer Support

"Would you like me to go with you to a support group or a meeting?"

"I really want to help, what can I do to help you right now?"

"Let's sit down together and look for places to get help. I can go with you too."

### Be a Friend

Learn more about mental health conditions.

Avoid saying things like "you'll get over it," "toughen up" or "you're fine"

Tell your friend it gets better; help and support are out there



# KNOW THE WARNING SIGNS OF SUICIDE

Someone needs **IMMEDIATE** attention if they are:

- Talking, writing or drawing about death
- Looking for ways to attempt suicide
- Talking about
  - Having no reason to live
  - Being a burden to others
  - Not being here tomorrow
- Feeling hopeless, desperate or trapped
- Giving away possessions
- Behaving recklessly



# MAKING SYMPTOMS BETTER

There is **HELP.**

There is **HOPE.**



**TREATMENT**  
is available.  
The earlier, the better.



# POSITIVE COPING STRATEGIES



Get enough sleep



Exercise and eat healthy



Write (journal/blog) or listen to music



Get involved: Join a club, sports, hobbies, hang out with friends

**These strategies are key to improving and maintaining mental health.**



# PEOPLE CAN SUCCEED



Success to me is simply waking up everyday and wanting to live, being thankful that I am breathing. Despite my mental illness I graduated from Harvard with honors.

Things will get better with work and time.

Angelique Henderson



It just feels so, so good.

Britt Turpack



Finding your hope may look different for you. I found mine in being a father. My son gives me something to aspire to be the best me I can be.

Reginald A. Howard



I've accomplished a lot of great things in my life, so mental health's not going to stop me achieving my dreams. Mental health does not have to be limiting.

Brooke Johnson



Success to me is managing my symptoms and helping others. I am on the honor roll at the number one public university in the U.S. I'm really proud of myself. I'm currently in a really good place.

Richelle Mintz



With the support of my team, I have gotten things back on track.

Ryder Davis





Let's Talk About  
**TREATMENT  
OPTIONS**

# ETS for Students – Final Slide

## REMEMBER...

- MENTAL HEALTH CONDITIONS ARE MEDICAL CONDITIONS
- IT'S NOT ANYONE'S FAULT
- YOU ARE NOT ALONE
- RECOVERY IS POSSIBLE, THERE IS HOPE
- YOU HAVE THE POWER TO END THE SILENCE





END.

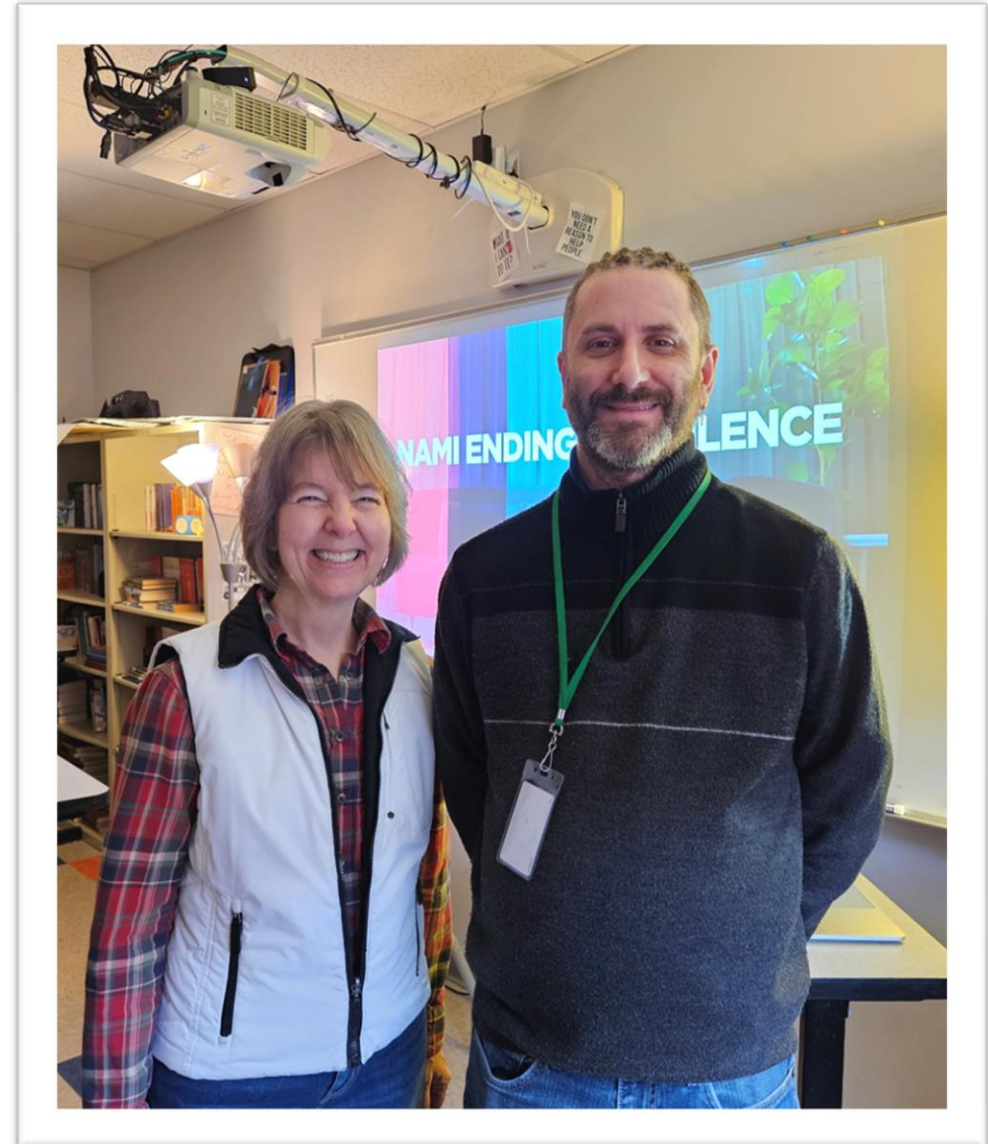
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**THE SILENCE**

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# NAMI Ending the Silence for School Staff

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- In-person only
- 1-hour presentation for school staff
- Information includes:
  - Warning signs
  - Facts and statistics
  - How to approach students
  - How to work with families



# NAMI Ending the Silence for Families

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- In-person only
- 1-hour presentation for adults with middle or high school aged youth
- Information includes:
  - Warning signs
  - Facts and statistics
  - How to talk with your child
  - How to work with school staff



# NAMI Ending the Silence Online Version (Students Only)

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- Same information as in-person
- Offered exclusively via online video
- Offered in situations where no local presenters are available
- Accessible through the Ending the Silence website
  - Request a presentation:  
<https://ets.nami.org/invites/create>



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# Scheduling a Presentation

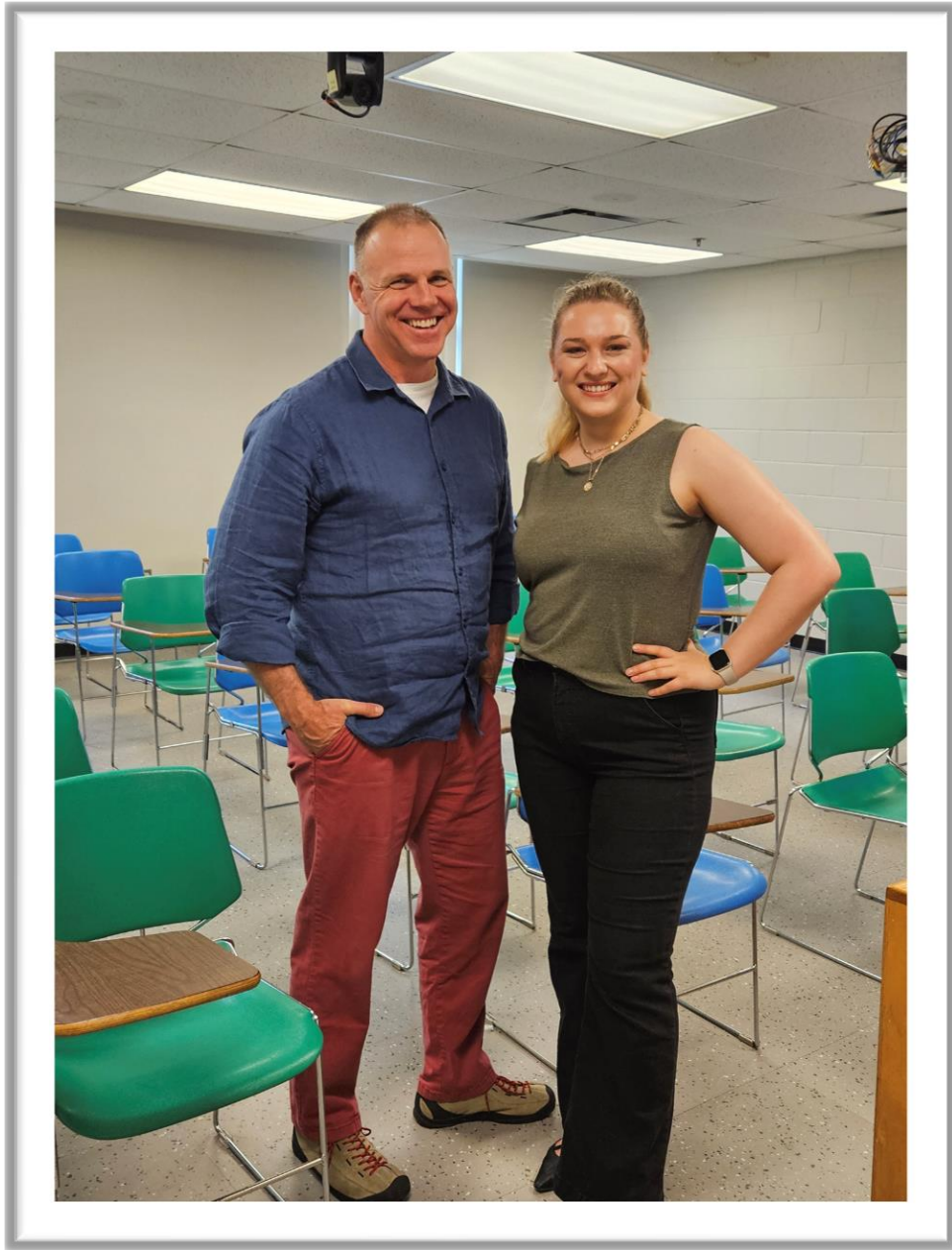
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## In-Person:

- A/V equipment required
- Classroom supervision requested
- Evaluation link provided

## Online:

- Access expires on July 1st
- Young adult videos available
- Additional student resources



# Volunteering

# Becoming an ETS Presenter

- Meet with NAMI NH staff for screening:
  - Michele Watson, [mwatson@naminh.org](mailto:mwatson@naminh.org)
  - Michelle Wagner, [mwagner@naminh.org](mailto:mwagner@naminh.org)
- Fill out a [NAMI NH Volunteer Application](#)



**NAMI** New Hampshire  
National Alliance on Mental Illness

**Volunteer**  
OF THE MONTH

**Ashley Bachert**  
Ending the Silence Young Adult Presenter

Passionate  
Funny  
Relatable

*Thank you for sharing your story of courage and strength and for your ability to connect effortlessly with students across New Hampshire.*





# Ending the Silence Information and Contact

## Ending the Silence - General Information

- <https://ets.nami.org/>

## Requesting an In-Person Ending the Silence Presentation

- <https://www.naminh.org/speakers/>

## Requesting an Online Ending the Silence Presentation

- <https://ets.nami.org/invites/create>

Michelle Wagner

[mwagner@NAMINH.org](mailto:mwagner@NAMINH.org)

603-505-7167



# Thank you

- Michelle Wagner
- 603-505-7167
- [mwagner@naminh.org](mailto:mwagner@naminh.org)
- [www.naminh.org](http://www.naminh.org)