

**Mental Health Care is Health Care**

# **NAMI: Ending the Silence & Mental Health Resource Fair**

**Wednesday, April 26th**

**5:30 PM to 8 PM**

**5:30pm**

**Dinner and**

**Child Care Provided by YMCA (grades K-5)**

**6-7pm**

**NAMI Presentation**

**7-8pm**

**Resource Fair with Local Mental Health Programs & Providers**

**Jefferson Middle School  
2200 Conger Avenue NW  
Olympia WA 98502**

## **PRESENTATION BY NAMI: NATIONAL ALLIANCE ON MENTAL ILLNESS**

Presentation for families with Middle or High School aged youth. It will include:

- Mental health warning signs
- Facts and statistics
- How to talk with your child
- How to get help for your child if needed
- Personal testimony from a young adult who has lived experience with a mental health condition

Spanish and Vietnamese Interpreters will be available.



Coordinated by OSD School Social Work Team.  
For questions email [jpickert@osd.wednet.edu](mailto:jpickert@osd.wednet.edu) or call 360-624-2930.