



In Merced County, 27.7% of teens report needing help for emotional or mental health problems yet only 5.7% received help in the prior year. NAMI Merced County is here to help, and all services are free.

### How Does the Program Work?

- Presented in health, science or psychology classes, youth groups, clubs and after-school programs.
- Includes presenter stories, educational slides, videos and discussion.
- Provides teens with resources and tools to help themselves, friends or family members who may be experiencing symptoms of a mental health condition.
- ETS reduces stigma through:
  - Education—provides accurate information about mental illness to promote understanding and dispel myths.
  - Personal contact—puts a human face to mental illness and provides hope that recovery is possible.

### Students learn about:

- the signs and symptoms of mental illness
- recovery and coping strategies
- how to help friends
- how to reduce stigma and knowledge of mental illness
- warning signs for themselves and their friends
- understand when it's not okay to keep a secret

"Thank you, Renee, for coming to my school and sharing our story. You have changed my life forever. The things you explained about your depression relate to how I feel. When I got home, I immediately talked to my parents and hopefully I will get some help. I have had many thoughts of suicide..." – Andrea



"After your presentation I talked to you about my friend and my concerns about her. I really appreciated your advice and what your program does. It really inspired me to act upon this situation and be brave enough to do so. I have to admit that I didn't know what to do until your program came to our class." – Jack

"I'm grateful for your presentation because it helped me get the courage to face a mental illness I think I might have and I feel encouraged to seek help." – Jessica

**To schedule or  
learn more call  
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