

Education



LENGTH: 1-2 hours

PARTICIPANTS: Adolescents

GOALS: Participants will

- **be able to identify the signs and symptoms of depression and how to seek help**
- **recognize Early Warning Signs of Suicide and how to connect with supports and services**
- **gain an increased awareness of how stigma affects those with mental illness and their families**
- **learn how they can help eliminate stigma**
- **learn about resources in their community**

LOCATION(S): Schools and after school programs

FOR COST AND COMPREHENSIVE

INFORMATION: To schedule or attend a workshop contact NAMI NH at 603.225.5359 or email info@NAMINH.org

IS IT MORE THAN JUST A BAD DAY?

IS IT MORE THAN JUST A BAD DAY? is a workshop designed to raise awareness of depression and suicide prevention and promote dialogue in a safe environment for adolescents. The workshop is offered in health classes and health forums in school settings, youth programs and after school programs.

Overall, approximately 20% of youth will have one or more episodes of major depression by the time they become adults. This statistic underscores why it is important to provide adolescents with health education where they will learn the signs and symptoms of depression, how it can affect their daily lives and to learn that "Treatment Works". They will see why it is important to seek help for themselves and others.

Participants will learn about the early warning signs of suicide, how to recognize those signs and identify who they can turn to for help. They will have the opportunity to talk about the stigma of mental illness and how they can help to eliminate stigma.

The workshop curriculum offers individual and group activities, discussion, handouts and resource lists.

***NAMI NH** is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.*

**NAMI NH 85 N. State Street, Concord, NH 03301
603.225.5359 or 1.800.242.6264 • www.NAMINH.org**