HERE’S WHAT NAMI Maine CAN DO FOR your SCHOOL

Ending the Silence
Created by students for students, youth learn symptoms of mental illness and how to be supportive to those in need through storytelling and a presentation.

Sources of Strength
A peer-led program that brings mental health awareness and suicide prevention messaging campaigns to schools to foster an environment that nurtures mental wellness.

Youth Mental Health First Aid
Introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

NAMI Maine Horizons
A group for adolescents who would like to learn more about mental health, wellness, and self-empowerment through interactive activities, discussion, and community building.

Want NAMI to come to your school?
Contact Libby at
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