

NAMI Multnomah Presents

# *Virtual Ending the Silence Presentation on Youth Mental Health*

FREE presentation about YOUTH mental health that includes:

- Information about warning signs
- Facts and statistics
- Steps to early intervention
- Tips on how to reach out and respond
- **AND first-hand experience** from a young adult who lives with a mental health condition



**Thursday, July 23rd**

**Staff Working with Youth: 4:00-5:30 PM - Register [HERE!](#)**

**Parents & Families of Youth: 6:00-7:30 PM - Register [HERE!](#)**

Register through the links above or call 503-228-5692