

Say It Out Loud

Taking it to the Next Level

Inspired by what you've heard today? Here are some easy ways to raise awareness that can make a huge difference for you and those around you.

Raise awareness on your own or with friends:

- Have a conversation with friends and family about the 10 common warning signs of mental health conditions.
- If you hear someone joking or making fun of mental illness, tell them it's not okay.
- Start a book or film club with your friends that focuses on



stories about mental health conditions. Try *Homeroom Diaries* by James Patterson.

Raise awareness in your school or community:

- Start a social media campaign by posting positive mental health messages to Twitter and Instagram. Use #sayitoutloud!
- Hang posters and positive mental health signs around your school and community spaces to let others know that they are not alone.
- Work with a NAMI Affiliate or NAMI State Organization to bring NAMI Ending the Silence to your school or community organization to inform others about mental health.
- Join a NAMI Walk in your community to show your support and that mental health matters.



For more information about raising awareness and getting involved, visit www.nami.org.