

Breaking the Silence



Lesson plans, games & posters created to break the silence about mental illness in our schools

JUST ONE LESSON ON MENTAL ILLNESS could make all the difference in the lives of young people whose lives have been thrown tragically off course by no fault brain disorders such as:

Major Depression | Bipolar Disorder | Schizophrenia | Obsessive Compulsive Disorder | Panic Disorder

STUDENTS LEARN

- It is biology, not a character flaw, that causes mental illness.
- Mental illness has never been more treatable
- The warning signs of mental illness
- How to overcome the stigma that surrounds mental illness

EASY TO USE

- For upper elementary, middle school, high school
- Fully scripted lessons and suggested activities
- Eye catching posters and board game
- Plans can be used for one day or extended for several days
- No prior knowledge of the subject required

PLEASE USE THE FORM BELOW TO COMPLETE YOUR DONATION.

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email Address _____

Please make out your checks to the Albuquerque Education Foundation, PO Box 25704, Albuquerque, NM 87125. Write Breaking the Silence in the memo line. You will receive a receipt directly from the Foundation and the funds will be deposited into the Breaking the Silence fund.

Your contributions are greatly appreciated! Thank you on behalf of NM students, Breaking the Silence (BTS) steering committee and NAMI ABQ.

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