



# Lake County Illinois

## Volunteers Needed

Do you have lived experience with mental illness?

Have you found a place of meaningful recovery?

Would you like to **tell your story** to high school students who may still be suffering?

NAMI Lake County Illinois is looking for recent high school graduates to join our **Ending The Silence** program in Lake County. Volunteers tell the story of their illness and recovery in the form of a ten-minute presentation in front of a high school classroom followed by a Q&A. You will be accompanied by a lead presenter who guides the class through a slide show and general discussion of mental illness.

Not a recent graduate? We're looking for lead presenters too!

Volunteers receive training, guidance, and support to deliver effective presentations that will have a real impact. Your mental health story can give others the courage and inspiration to find the help that they need.

For more information, please visit our web site:

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

Reach out and ask for an application today!

For an application, please contact:  
John Borland  
Ending The Silence Program Coordinator  
NAMI Lake County Illinois  
[john.jay.borland@gmail.com](mailto:john.jay.borland@gmail.com)  
847-579-9249

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Learn more at:  
<http://www.nami.org> | <https://namiillinois.org>  
<http://www.namilake-il.org>