

Breaking the Silence

Lesson plans, games and posters
Created to break the silence about mental illness in our schools

HOME • WHY TEACH ABOUT MENTAL ILLNESS? • MEDIA • TESTIMONIALS • CONTACT US
BTS ORDER FORMS • TEACHER'S SECTION • REVISED TOOL KIT • BTS E-NEWSLETTER • LINKS

NIMH (National Institute of Mental Health) BTS Evaluation Results: [Executive Summary](#)

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

Nearly two-thirds of all people with diagnosable mental disorders do not seek treatment.

--Surgeon General's Report on Mental Illness



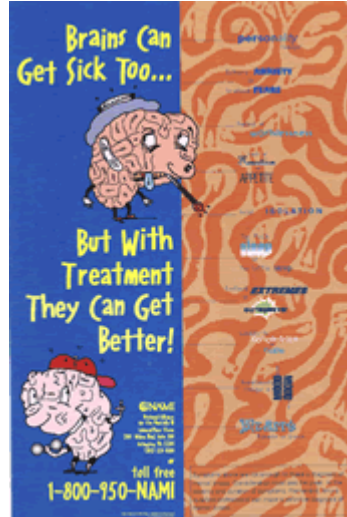
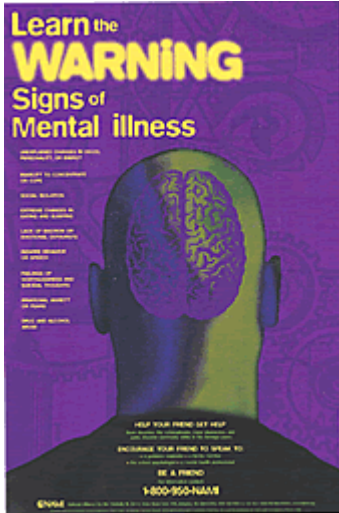
INNOVATIVE LESSONS put a human face on mental illness and confront the myths that reinforce the silence.

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



Programs like this designed to destigmatize mental illness will help millions get the help they need. – Harold Koplewicz, MD, Author, IT'S NOBODY'S FAULT, Random House

Family's battle with mental illness

Eli and Lorraine Kaplan talk about their son's diagnosis of schizophrenia and why they want to help others break their silence. [Video: NBC's Today Show 2/7/08](#)

NAMI Queens/Nassau 1981 Marcus Avenue, Suite C-117 Lake Success, NY 11042 516.326.0797 btslessonplans@aol.com

website by: [Kilakwa Associates, LLC](#)
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