

**OBJECTIVE** //////////////////////////////////////

- Promote mental health awareness
- Create awareness of stigma
- Promote help seeking for students or peers
- Promote seeking help from trusted adults

**INSTRUCTIONS** //////////////////////////////////////**Materials**

- Jar
- Lifesavers (candy/mints)
- Scissors or paper cutter
- Guess slips
- Lifesaver Fact Sheets
- Pens
- Prize for the winner (Snack, Gift card, Candy, etc.)

**Assembly**

1. Fill Jar with Lifesavers. Make sure you count how many are in the jar.
2. Print guess slips and Lifesaver Fact Sheets
3. Every person that fills out a guess slip should receive a Lifesaver Fact Sheet.

**Application**

- Set up a station in the cafeteria or another well seen location at school.
- Have the jar of lifesavers on the table along with "Be a Lifesaver" instructions. It may be helpful as well to indicate to students what the prize would be if they guess correctly.
- Provide students with guess slips and make sure every person that fills out a guess slip gets a Lifesaver Fact Sheet.
- Select a winner at the end of the activity.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



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# GUESS SLIPS

**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_



**How many Lifesavers  
are in the jar?**

**Name:** \_\_\_\_\_

**Guess:** \_\_\_\_\_





# Life Saver Fact Sheets

**You can be a lifesaver in someone's life!**



**Did you know...**

**15-20% of teens will have a depressive episode before they reach adulthood. That's about 5 in a class of 25!**

If you're concerned about yourself or a friend, talk to a trusted adult!  
For more information, check out our website!



[www.erikaslighthouse.org](http://www.erikaslighthouse.org)

**You can be a lifesaver in someone's life!**



**Did you know...**

**90-98% of all people who die by suicide have a diagnosable mental illness, the most common being depression.**

If you're concerned about yourself or a friend, talk to a trusted adult!  
For more information, check out our website!



[www.erikaslighthouse.org](http://www.erikaslighthouse.org)

**You can be a lifesaver in someone's life!**



**Did you know...**

**Treatment for depression is available and effective, but more than 80% of people suffering from depression never receive treatment due to stigma.**

If you're concerned about yourself or a friend, talk to a trusted adult!  
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**You can be a lifesaver in someone's life!**



**Did you know...**

**The best way to help a friend is to communicate:**

- 1) The changes you have noticed**
- 2) That you care**
- 3) Ask how you can help them take actions toward seeking help.**

If you're concerned about yourself or a friend, talk to a trusted adult!  
For more information, check out our website!



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Did you know you can be a  
lifesaver to someone with  
depression?



Take a guess at how many  
lifesavers are in the jar!  
The closest guess wins a  
prize!



Erika's Lighthouse®