

5 Subject Classroom Signs



PURPOSE //

- Promote mental health awareness and education
- Promote good mental health practices
- Create awareness of the stigma surrounding mental health

INSTRUCTIONS //

Materials

- Math poster
- Science poster
- History poster
- English/Literature poster
- PE poster
- Tape or something to attach to wall/bulletin board

Application

- Hang up the posters in the classrooms! For example, the Math poster would do well in a math classroom, or outside a math resource center. An English poster would do well in a english classroom, or outside the library.

Assembly

1. Print the posters for each of the classes in your building that would like to hang a poster.

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



erikas.lighthouse



@Erika's Lighthouse

Numbers Don't Lie

DEPRESSION IS COMMON, CAN BE SERIOUS, AND IS TREATABLE. IF YOU THINK YOU MAY HAVE DEPRESSION, YOU ARE NOT ALONE. WITH THE RIGHT KIND OF SUPPORT AND PROFESSIONAL TREATMENT, ANYONE CAN MOVE ON TO LIVE A HEALTHY, HAPPY AND PRODUCTIVE LIFE.

DEPRESSION IS COMMON

15-20 %

Somewhere in the range of 15-20% of youth will develop depression before adulthood.

DEPRESSION IS STIGMATIZED

25 %

Only 25% of people with mental health symptoms believe that people are caring and sympathetic to persons with mental illness.



DEPRESSION IS A MAJOR RISK FOR SUICIDE

90 %

of youth who take their life have a diagnosable mental disorder, the most common being depression.

80 %

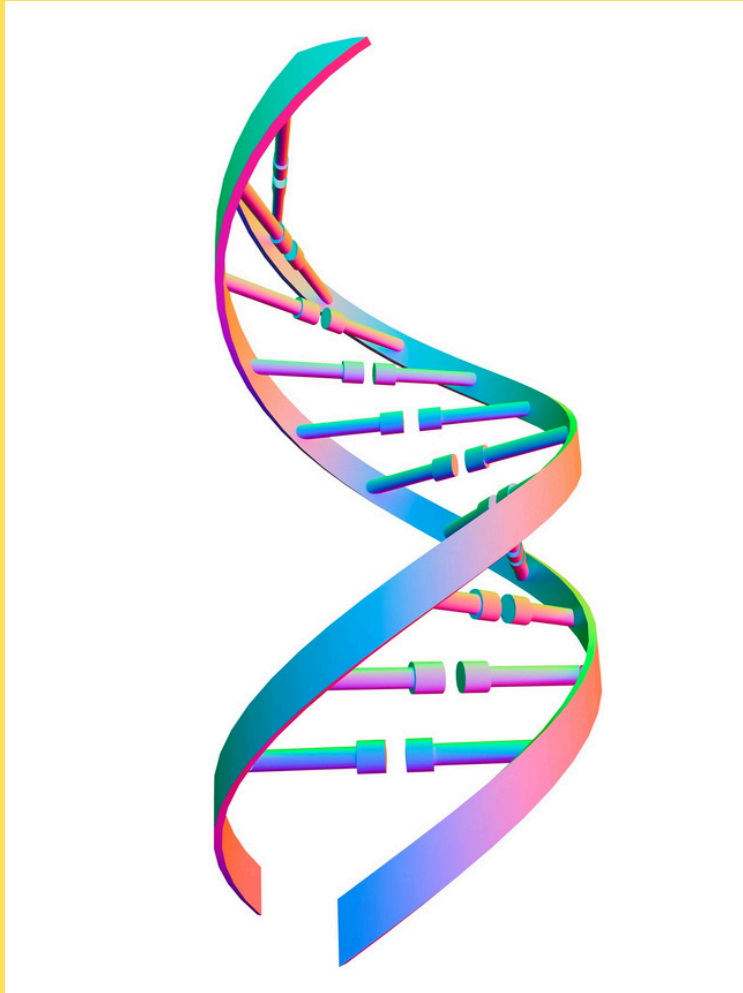
of teens with depression don't receive help.

For more information on mental health, check out www.ErikasLighthouse.org

If you need to speak with someone immediately, please text or call 988.

If this is an emergency, please call 911.

Do You Know Your Family's Mental Health History?



Between 20-50% of youth have a family history of depression, and are three times more likely to develop depression.

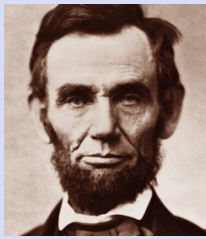
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Many Great Minds Throughout History Have Struggled with Depression for decades.



Abraham Lincoln



Isaac Newton



Winston
Churchill



Princess Diana

If you think you may have depression, you are not alone.



John Adams



Calvin Coolidge



Buzz Aldrin



Ludwig Van
Beethoven

**With the right kind of support and professional treatment,
anyone can move on to live a healthy, happy, and
productive life. You Deserve it!**



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You Don't Have to Have Depression to Take Care of Your Mental Health!



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Healthy lifestyle choices can make anyone feel better.



**Move your
body**



**Eat Healthy
Foods**



**Get a good
night's sleep**

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Reading can be a great way to relax and destress. Grab a book to read next time you need a calming activity.

Writing about your thoughts and feelings can be a great way to understand them better. Take some time to write out your thoughts.



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