



Mental Health Student Leadership Academy: Be a Mental Health Leader



Raise Awareness



Break Stigma



Spread Empathy



GOAL OF THIS TRAINING

For you to become educated on how to spread awareness and educate others about mental health using Awareness into Action Activities.





**Everyone deserves good
mental health.**



STIGMA

A mark of shame associated with a particular circumstance, quality, or person.



HOW CAN YOU REDUCE STIGMA?



- Educate yourself.
- Educate others.
- Talk about it.
- Advocate.
- Promote positivity.
- Remind others that they are not alone.
- Awareness into Action Activities



AWARENESS INTO ACTION ACTIVITIES



Awareness into Action Activities are the engines of change for schools around the world. These easy-to-implement campaigns help teens find their voice to raise awareness, reduce stigma and promote help-seeking.



AWARENESS INTO ACTION ACTIVITIES

INCLUSIVE SCHOOL CULTURE POSTERS

Everyone Deserves Good Mental Health Poster

PDF: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Get Depression Out of the Dark Poster

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Mental Health Is Important Poster

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You Are Not Alone Poster

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ADVOCACY EFFORTS

Educate Peers and Teens: [PDF](#) | [Canva](#)

Educate Parents and Caregivers: [PDF](#) | [Canva](#)

Advocate for Depression Education: [PDF](#)

POSITIVITY PROMOTERS

Take A Compliment Poster: [PDF](#) | [Canva](#)

Apps For Good Mental Health: [PDF](#) | [Canva](#)

Positivity Catcher: [PDF](#) | [Canva](#)

Wall of Inspiration: [PDF](#) | [Canva](#)

Send Some Encourage-Mint: [PDF](#) | [Canva](#)

Test Week Goodie Bags: [PDF](#) | [Canva](#)

Welcome Back Care Packages: [PDF](#) | [Canva](#)

Thanksgiving Gratitude Postcards (November): [PDF](#) | [Canva](#)

Holiday Card Activity (December): [PDF](#) | [Canva](#)

Heart to Heart Conversations (February): [PDF](#) | [Canva](#)

Shamrock Wall of Gratitude (March): [PDF](#) | [Canva](#)

28 Days of Mental Wellness: [PDF](#) | [Canva](#)

VIRTUAL AND SOCIAL MEDIA ACTIVITIES

How To Utilize Virtual Awareness Into Action
Activities: [PDF](#)

Virtual Valentine's Day #selflove: [PNG](#)

60 Second Mindfulness: [PNG](#)

MINDFUL MOMENTS

How Full Is Your Cup?: [PDF](#)

Aromatherapy Play Dough: [PDF](#) | [Canva](#)

DIY Mini Sand Trays: [PDF](#) | [Canva](#)

DIY Stress Balls: [PDF](#) | [Canva](#)

Gratitude Jars or Journals: [PDF](#) | [Canva](#) | [Virtual](#)

How Do You Feel Today?: [PDF](#) | [Canva](#) | [Virtual](#)

Pumpkin Patch (October): [PDF](#) | [Canva](#)

10 Ways to Relieve Stress During Finals Week: [PDF](#) | [Canva](#) | [Virtual](#)

New Year Mini Vision Board (January): [PDF](#) | [Canva](#)

EDUCATION EFFORTS

Five Subject Classroom Signs: [PDF](#) | [Canva](#)

Be a Lifesaver – Take A Guess: [PDF](#) | [Canva](#)

Mental Health Posters: [PDF](#) | [Canva](#)

Sharpen Your Knowledge About Depression: [PDF](#) | [Canva](#)

Lunch Table Education: [PDF](#) | [Canva](#)

Ghostbuster Poster (October): [PDF](#) | [Canva](#)

YOU ARE NOT ALONE REMINDERS

Beacon of Hope Door Signs: [PDF](#) | [Canva](#) | [Virtual](#)

Beacon of Hope Thank You: [PDF](#) | [Canva](#)

Follow the Footprints: [PDF](#) | [Canva](#)

Now or Later: [PDF](#) | [Canva](#)

Suicide Prevention Awareness Month (September): [PDF](#) | [Canva](#)

Mental Health Awareness Week (October): [PDF](#) | [Canva](#)

NORMALIZING CONVERSATIONS

Erika's Lighthouse
Teen Empowerment
Awareness Into Action Activities
Mindful Moments

How are you feeling today?

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Erika's Lighthouse
Teen Empowerment
Awareness Into Action Activities
Popularity Promoter

you are not alone

Erika's Lighthouse

Table Tents

PURPOSE //

- Spread awareness and education about depression
- Share hopeful messaging
- Educate students on ways to stay mentally healthy

OBJECTIVE //

- Create mental health awareness
- Reduce Stigma

INSTRUCTIONS //

Materials

- Table tents
- Scissors or paper cutter
- Card stock or heavier paper (optional)
- Bookmarks (optional)

Application

- Set up a table for educational information about depression somewhere in your school. Good locations for these would be in a cafeteria, teacher's lounge, nurse's office, or in the mental health professional's office.
- Place the table tents and bookmarks on the table to educate about depression.

Assembly

1. Print the table tents on card stock or heavier paper. This will help them stand up when you fold them. You can also print copies of our Teen Bookmarks on our Resource Portal at www.ErikasLighthouse.org.
2. Cut the table tents along the dotted line.
3. Fold the table tents along solid line.

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

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 @Erika's Lighthouse

Contact Nathalia@ErikasLighthouse.org for more information

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**You are
not alone.
There is
hope.**

If you feel
talk to a trusted



**Get
Depression
Out of
the Dark.**

If you may be experiencing depression,
talk to a trusted adult today.



**Mental
health is just
as important
as physical
health.**

Take care of y
talk to a trusted



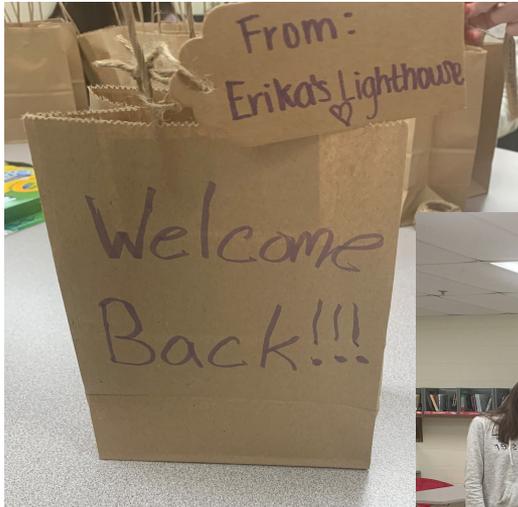
**Everyone
deserves
good
mental
health.**

You deserve to feel better,
talk to a trusted adult today.



INCLUSIVE SCHOOL CULTURE POSTERS

Welcome Back Care Packages



"Welcome Back" Care Packages

Materials

Your students can custom design their own care packages and decide what they'd like to include or you can give them suggestions such as:

- Mini container of Play-Do
- Mini bottle of hand lotion
- Mini notebook/journal
- Mini coloring book and a small pack of crayons or colored pencils
- Healthy snacks, such as granola bars or fruit strips
- A handout reminding students of resources they can utilize as they transition back to school (tutoring resources, counseling resources, etc.)



Assembly

- Students and sponsors in the Teen Club can put together welcome back packages for all students at the start of the semester, or care packages to give to a student when the student returns to school after a hospitalization (for mental health or physical health reasons) or extended absence.
- On page 3 of this document, you'll find a card template you can customize for your school. Students can decorate the cards during a meeting and write notes on the inside.

Beacon of Hope Door Signs



Erika's Lighthouse Teen Empowerment Awareness into Action Activities You Are Not Alone Reminders

Beacon of Hope Wooden Door Signs

PURPOSE

- Allow teachers or staff in your building to participate in the Beacon of Hope program by providing them with a wooden sign to hang on their door saying that they are a Beacon of Hope. This will indicate to students that they are a trusted adult to go to if the student is ever looking for help for themselves or a friend.
- For an extra boost of education in your building, consider ways to further educate your teachers and staff about teen depression and good mental health.

INSTRUCTIONS

Materials

- Unfinished hanging wood signs (order on Amazon or a craft store) Paint or a Cricut machine
- Notecards - colored index cards
- Clear pockets to hold the notecards
- Twine or rope to hang sign
- Command hooks

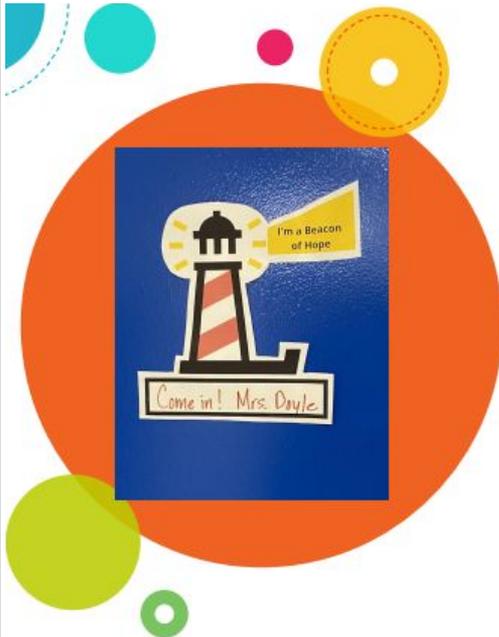
Assembly

- Create the following using a Cricut machine: teacher names, the lighthouse, the red and the white inserts for the lighthouse, and the orange "lights" for the lighthouse. If a Cricut machine is not available, club members can also paint directly onto the wood signs.
- Have the club members create an assembly line. Some can put the names on the signs, some put the lighthouses on, some put the red, white and orange accents on, and some put the clear plastic pockets on.
- Club members can then make the note cards with different inspirational sayings. After all the signs are made, club members can choose some of the cards to insert into the clear plastic holders.
- Optional: attach rope or twine to the back of the sign.
- Club members can then put them in teachers' mailboxes, along with the command hook.

Thank you to Ho-Ho-Kus School in New Jersey for this activity.

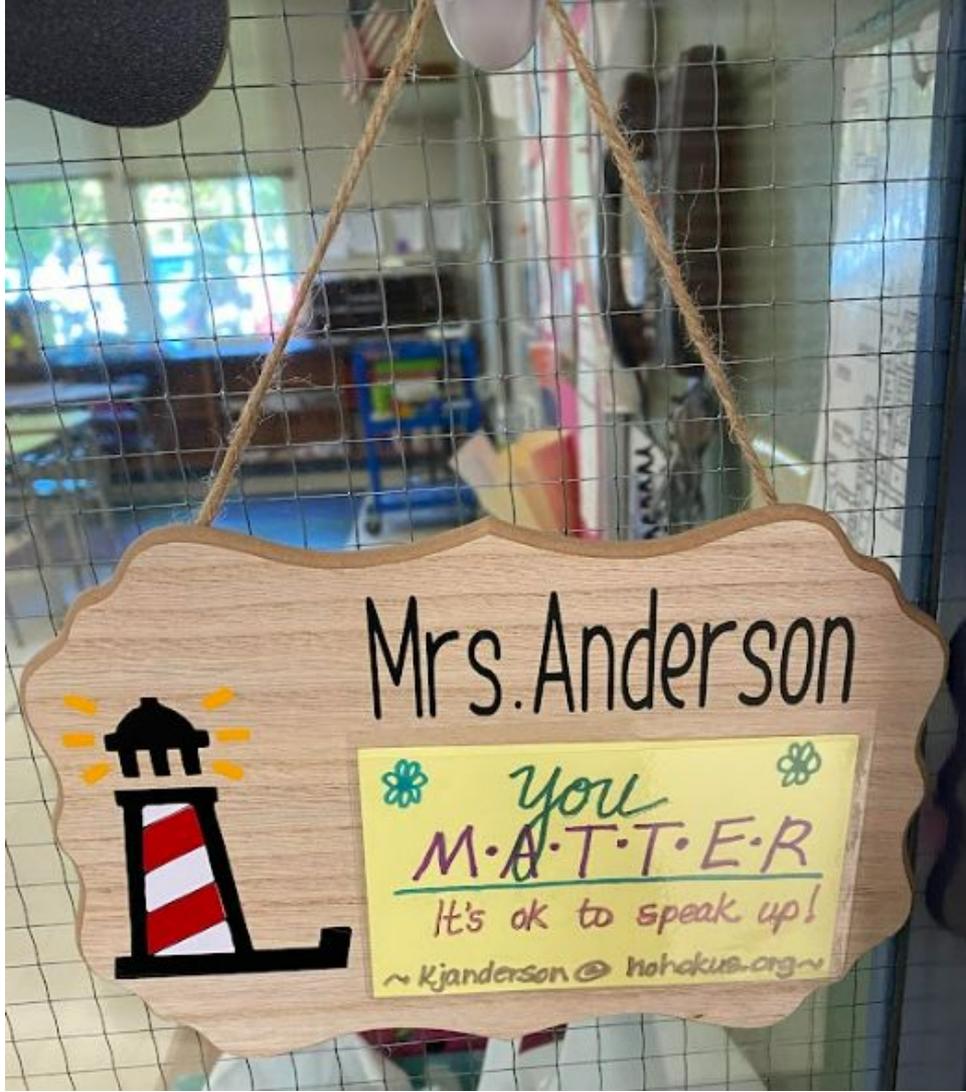
Let us know how the activity goes! We'd love to hear from you or receive pictures or tag us on social media:

@ErikasLH @ErikasLH erikas.lighthouse @Erika's Lighthouse
Contact Nathalia@erikaslighthouse.org for more information



Teachers chose to display Lighthouses on their doors to indicate they were "Beacons of Hope" for good mental health.





“I am a
Beacon of
Hope”



Beacon of Hope Mural



If your reading this, you are awesome! You can face any challenge that comes your way! Stay Strong!

Hey there! You might be going through a lot, but you got this! Remember to ask for help when you need it!

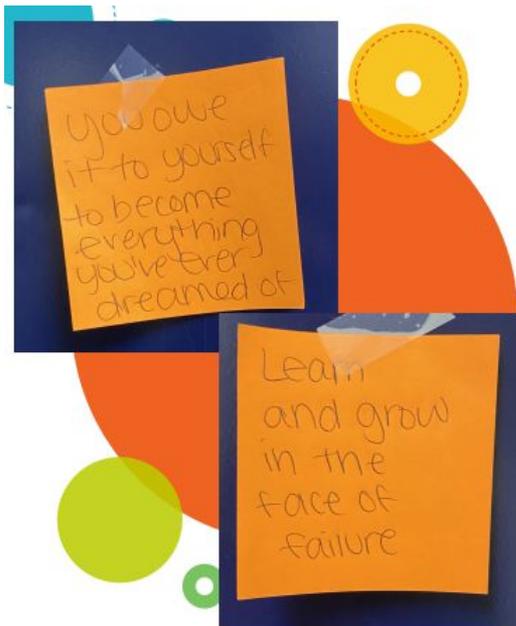
Everyone deserves good mental health. You deserve to feel better, talk to a trusted adult today.

Feeling stressed? Just a reminder, you are NOT alone! If you need help, ask!

Check in on a friend today! You never know how much that might mean to them!

If you find yourself struggling today, don't be embarrassed to ask for help.

Locker Notes



The Friday group wrote soooo many notes!!! They put one on every single locker and all over the rest of the school!



PURPOSE

- Writing down inspirational quotes or our favorite quotes can help motivate us and create a positive outlook on our daily lives
- Reframing our brains to think positively is essential to having good mental health, and a happy and successful life

OBJECTIVE

- Promote positive thinking
- Motivate students

INSTRUCTIONS

Materials

- Sticky notes or index cards
- Markers or Pens
- Tape

Application

- Apply the Locker notes on lockers

Assembly

1. Have students write down their favorite quotes and/or inspirational and positive notes.

Let us know how the activity goes!

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



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Follow the Footprints...to the counselor or social workers' offices



Teen Empowerment
Awareness into Action Activities
You Are Not Alone Reminders

Follow the Footprints

PURPOSE //

- Educate students about teen depression
- Spread awareness of how to help a friend
- Lead students to a trusted adult/mental health professional (school counselor, social worker, nurse, etc.)

INSTRUCTIONS //

Materials

- Instruction poster
- Fact footprints
- Mental health professional footprint Blank footprint
- Tape
- Scissors (optional)

Application

- Attach the Fact Footprints to the walls leading to the mental health professional's office.
- Attach the mental health professional footprint to the door to their office. The mental health professional may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

Assembly

- Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
- You can cut out the fact footprints or leave them as a whole sheet of paper.

Let us know how the activity goes!
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Take A Compliment



Walls of Inspiration



PURPOSE

- Spread Positivity
- Share inspirational quotes

OBJECTIVE

- For students to read inspirational and motivational quotes when they walk through a hallway or see a classroom

INSTRUCTIONS

Materials

- Large Index Cards
- Markers or Pens
- Tape or Thumb Tacks

Application

- Post all of the quotes on a wall/bulletin board for the school to see.
- Involve the whole school if you can!

Assembly

1. Have students write down their favorite quotes on the large index cards.

Let us know how the activity goes!
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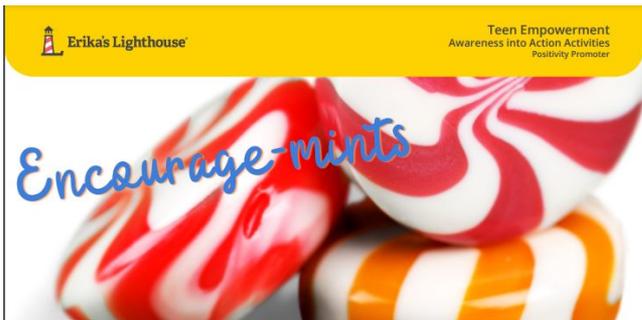
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Send Some Encourage-Mint



Erika's Lighthouse

Teen Empowerment
Awareness into Action Activities
Positivity Promoter

Encourage-mints

PURPOSE

- Promotes positivity
- Encourage students throughout the day
- Share positive messages and teen depression resources

INSTRUCTIONS

Materials

- Encourage-mint notes (see next pages)
- Mints of any kind (individually wrapped)



Assembly

1. Cut out "Encourage-Mint" notes (Prefilled or template)
2. Fill in an encouragement in the circle (optional)
3. Sign in the name of your club (Optional)
4. Attach a mint

Application

- Put together the note and a mint and hand them out to students to spread positivity around school

Let us know how the activity goes!

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



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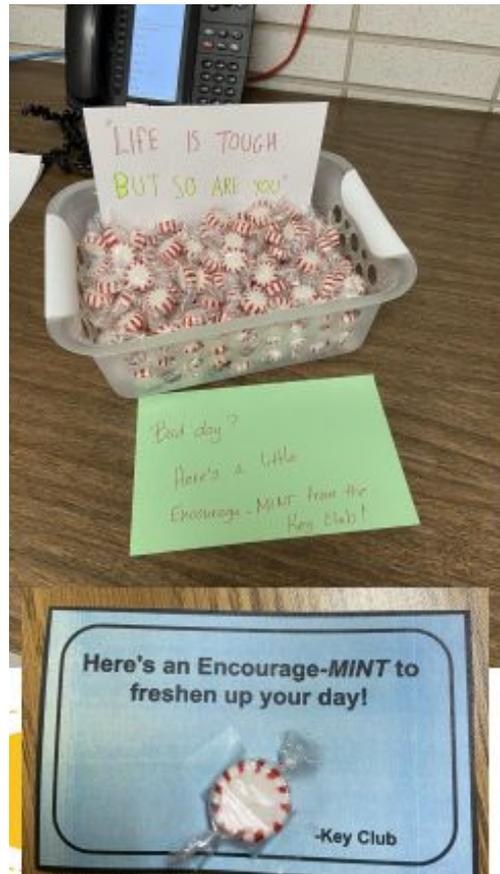
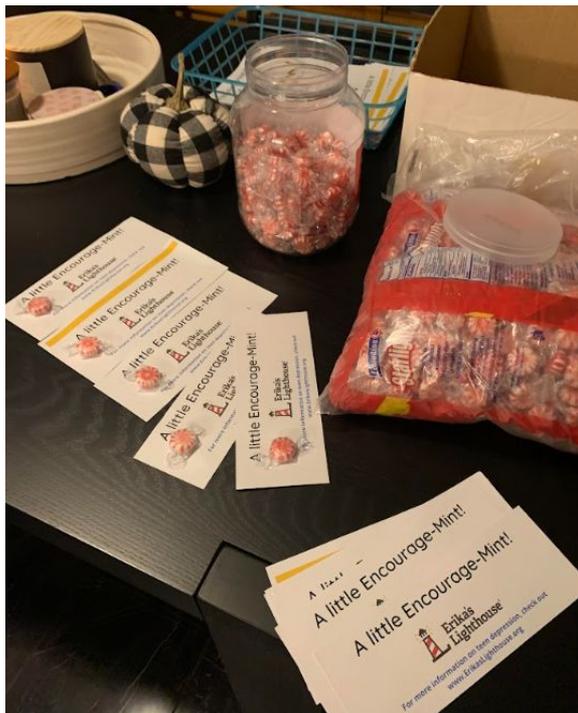


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**AWARENESS
INTO
ACTION
ACTIVITIES**

A Year of AAAs

FALL

GIVE VOICE to Suicide Prevention Week in September
Sharpen Your Knowledge about Depression (EE*)
Educate Peers and Teens (AE)
Pumpkin Patch (MM)
Thanksgiving Gratitude Postcards (PP)

WINTER

Send some Encourage-Mint (PP)
Advocate for Depression Education (AE)
How Full is Your Cup? (MM)
Shamrock Wall of Gratitude (PP)

SPRING

Lunch Table Education (EE)
Educate Parents and Caregivers (AE)
Follow the Footprints (YR)
Positivity Pledge for Mental Health Awareness Month (May)

FUNDRAISING IDEAS

Beacon of Hope Community Walk & Fun Run
Shine Bright NEON Dance Relay

*AE = Advocacy Efforts EE=Education Efforts MM = Mindful Moments
PP = Positivity Promoters YR = You Are Not Alone Reminders

HOW TO ACCESS OUR RESOURCES



For You ▾ Memorials **Donate Now** **Access Resources: Login/Register**



Classroom Education Teen Empowerment Family Engagement School Policy & Staff

Promoting inclusive school cultures
around mental health

Go to **Erikaslighthouse.org**
Click on **Access Resources**
Click **Create an Account**



Resource Portal

Level I: We All Have Mental Health (Grades 4-6) ●

Level II: Depression Awareness (Grades 5-9) ●

Level III: Depression Education & Suicide Awareness (Grades 8-12) ●

Optional Program Additions ●

Teen Empowerment Clubs ●

Awareness into Action Activities (Schoolwide) ●

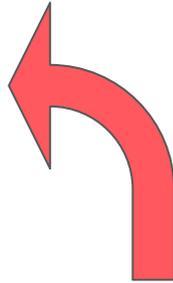
Family Engagement & Education ●

School Policy & Staff Development ●

Key Club & SADD Nation Resources ●

Community Ambassadors ●

Archived Programs ●



Awareness into Action Activities (Schoolwide)

Check out these school-wide activities that clubs, educators, or families can use. Many were developed by Erika's Lighthouse and other Teen Empowerment Clubs. [Click here](#) and see how you can incorporate AAA's all year-long!

INCLUSIVE SCHOOL CULTURE POSTERS

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Spanish: [11" x 17"](#)

POSITIVITY PROMOTERS

NEW! [Beacon of Hope Mural](#): [PDF](#) | [Canva](#)

NEW! [Locker Notes](#): [PDF](#) | [Canva](#)

[Take A Compliment Poster](#): [PDF](#) | [Canva](#) | [Spanish](#)

[Apps For Good Mental Health](#): [PDF](#) | [Canva](#)

[Positivity Catcher](#): [PDF](#) | [Canva](#) | [Spanish](#)

[Wall of Inspiration](#): [PDF](#) | [Canva](#)

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[Holiday Card Activity \(December\)](#): [PDF](#) | [Canva](#)

[Heart to Heart Conversations \(February\)](#): [PDF](#) | [Canva](#)

[Shamrock Wall of Gratitude \(March\)](#): [PDF](#) | [Canva](#)

[28 Days of Mental Wellness](#): [PDF](#) | [Canva](#)



If you or a friend need immediate support, talk to an adult or dial 911.

Suicide & Crisis Lifeline:

(call, text or chat)

988

Crisis Text Line:

Text "Listen" to 741741





Erika's Lighthouse

A Beacon of Hope for Adolescent Depression®

Thank you!

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