



Depression Discussion Guide

This guide is designed to educate and inform you about youth mental health. It is intended to empower you to feel confident in having an open and honest conversation with the young person in your life about mental health and depression.

1

Educate Yourself

**We All Have
Mental Health**

part of the
FAMILY WORKBOOK SERIES
Mental Health & Depression



www.ErikasLighthouse.org

Erika's Lighthouse is a not-for-profit dedicated to educate and raise

Be confident and ready to talk to the young person in your life. Here are a few suggestions:

- Access [Family Workbook One: We all Have Mental Health](#)
- Access [Family Workbook Two: Concerned About Your Child](#)
- Access [Family Workbook Three: Getting Help](#)

2

Watch Erika's Lighthouse Workshop II - Depression & Suicide

View the video on [YouTube](#)



**Family
Workshop**

Part of the Workshop II: Depression & Suicide

3

Have a conversation

Below are some resources that can help guide the conversation with the young person in your life:

[Intervention Language For Families](#)

[Let's Talk. A Conversation Guide for Families](#)

4

Take action

Regardless of the outcome, take action!

Foster a supportive environment at home.

If you are concerned, schedule an appointment with a mental health professional.

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

If this is an emergency, please call 911.