

5 Ways Your Club Can Use Erika's Lighthouse Resources

Learn About Erika's Lighthouse

Erika's Lighthouse is a nonprofit on a mission to break down the stigma surrounding mental health and provide free depression education and suicide prevention programs to any school, anywhere. Visit ErikasLighthouse.org to learn more.

1

Mental Health RECHARGE

2

Erika's Lighthouse has a free online tool called Mental Health RECHARGE, which has many activities to help calm down, reset, and relax. Click [this link](#) for access.



3

Teen Toolbox

The Teen Toolbox is designed to help you better understand mental health. Click on [this link](#) to use the Teen Toolbox and learn more!



Awareness into Action Activities

Check out these school-wide activities that clubs, educators, or families can use. Linked below are a few favorites, but create an account on ErikasLighthouse.org to find over 60 other activities!

- [Beacon of Hope Door Signs](#)
- [Sharpen Your Knowledge About Depression](#)

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4

Become an Affiliate Club of Erika's Lighthouse

Any school club is welcome to register as an Affiliate Club of Erika's Lighthouse. Erika's Lighthouse Affiliate Clubs have full and free access to Erika's Lighthouse materials. Add to what you already do by using Erika's Lighthouse Resources to promote good mental health. If your club uses any of our resources, please make sure to [register your club](#) or let us know! Registering helps keep us free.