

Support

Lesson 3 of *The Erika's Lighthouse Program* is designed to raise your awareness of what might help you when you're having a difficult time, including what kind of people you will find supportive during times of stress.

You will learn more about self-harm and suicide during this lesson with reinforced opportunities to seek a trusted adult when you or someone you know might need it.

Suicide

Suicide is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.

— National Institute of Mental Health (NIMH)

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Self-harm

When people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress.

— National Alliance on Mental Illness (NAMI)



What have you learned?
Scan this code to answer a short survey
or go to

<http://elhhspost.info>



NAME _____

Find someone who ...

<p>can define self-care.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>	<p>can list a resource not at the school.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>	<p>is willing to share what they do for self-care.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>
<p>can list a warning sign of depression.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>	<p>can share a cause for depression.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>	<p>can name a trusted adult in the school.</p> <p>name _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>
<p>can define what it means when a resource is valid.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>	<p>can define what it means when a resource is reliable.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>	<p>can explain what stigma means.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>initial _____</p>