



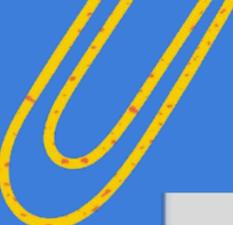
**Erika's  
Lighthouse<sup>®</sup>**

## Level II: Depression Awareness

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### LESSON ONE

*To edit/customize this slideshow, please make a copy.*



# You will...

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-  Define that depression is a mood disorder
-  Describe the signs & symptoms, risk factors, and resources for depression
-  Access a reliable, trusted adult at school



# Erika's Lighthouse Overview

This program was inspired by a young person named Erika. Erika was a bright light who, sadly, lost her battle with depression in 2004, at age 14.

Erika's Lighthouse was founded in her honor and is **dedicated to helping other young people learn about depression and overcome the stigma surrounding mental health disorders.**



Erika's Lighthouse

# Video Segment #1



Level II: Depression Awareness





# Discussion Questions

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 How common is depression in teens?

 Can you tell by someone's appearance that they have depression?

 If there is a history of depression in your family, does that mean you will develop it?

 Does this mean that everyone who experiences stress will experience depression?

 What are the symptoms of depression? Give an example of what that would look like in a teen.

 Is suicide common?



# Accessing Information

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When I say the words  
**TRUSTED ADULT**, what  
characteristics or traits come  
to mind?





# **988** SUICIDE & CRISIS **LIFELINE**

**Whatever time:** Day. Night. Weekend.

**Whatever the reason:** Mental health distress. Thoughts of suicide.  
Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.

Text or Call **988** | Chat **988lifeline.org** |

For emergencies, call **911**

