



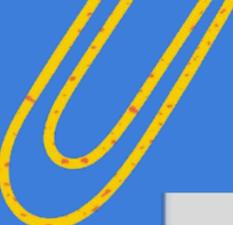
# Erika's Lighthouse<sup>®</sup>

## Level II: Depression Awareness

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### LESSON TWO

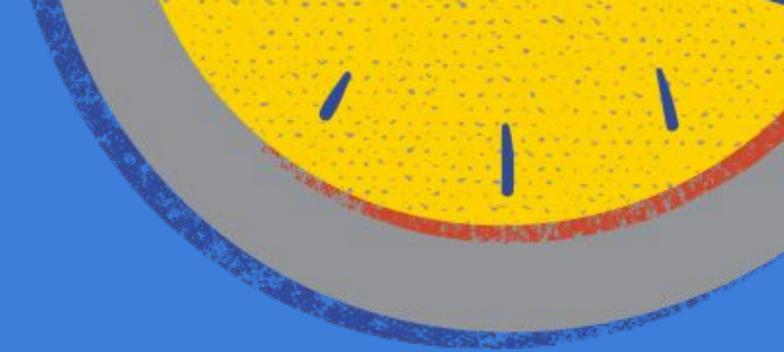
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# You will...

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-  Define that depression is treatable
-  Define the treatment options for depression
-  Demonstrate how to help a friend who is experiencing depression
-  Effectively communicate to a friend saying "I care" and share who to talk to (a reliable trusted adult at school)



# Bookmark Reflection



**Erika's Lighthouse**  
A Beacon of Hope for Adolescent Depression

## Teen Depression Know the Signs

Depression is an illness that affects our moods, thoughts and behaviors.

Five or more of these symptoms must be present most of every day for at least two weeks or more:

- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

**Depression is common, can be serious and is treatable.**

If you think you may have depression, **you are not alone**. Understand that it can get better but you need to take action. Tell a caring adult who can help you to get an evaluation from a doctor or mental health professional.

**IN CRISIS AND ALONE?**  
Call 1.800.273.8255 or text "LISTEN" to 741-741.

**IMMEDIATE RISK OF SAFETY?** Call 911.

**Where to Go for Help**

Miss Smith  
123-456-7890

Write down the name of a caring adult you can go to if you need help.  
Aunt Mary  
123-987-6543

Help Educate Your Parents  
Download our Parent Handbook  
Available at [ErikasLighthouse.org](http://ErikasLighthouse.org)



- Describe how you know the **trusted adult** you put on your bookmark is reliable.
- How can you access/find that **trusted adult**? Where are they located? What are their hours? Do they have specific times when you can reach them?



# Lesson 2 Video Segment



Level II: Depression Awareness



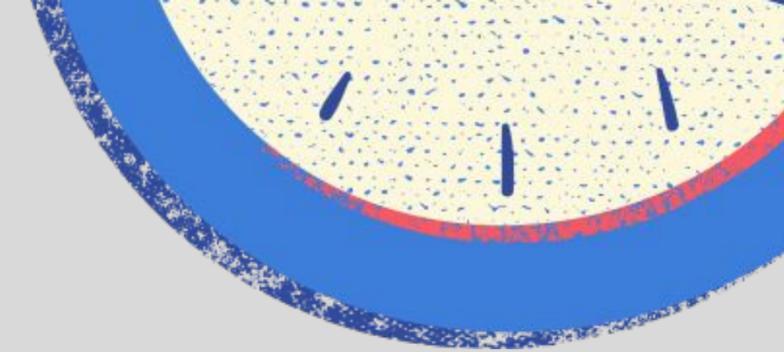
# Discussion Questions

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-  What are two possible treatment options?
-  Where can you find professional help in your school or community?



# Depression can happen to anyone.



**It is a common and  
treatable illness and  
nothing to be ashamed of.**

**You deserve to feel better.**



**Erika's Lighthouse®**

# Talk to a **Trusted Adult**

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- ① How you **FEEL**
- ① What you've **TRIED**
- ① What they can do to **HELP**



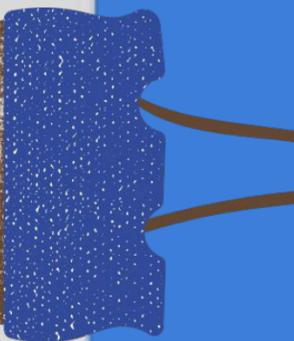
What if it is a  
**FRIEND** you are  
concerned about?



"I've noticed changes in you."

"I care for you."

"How can I help you?"



If your friend is hurting themselves or talking suicide... tell an adult **IMMEDIATELY**



# BE A GOOD FRIEND

...by listening, showing them you care, and helping them find help.





# 988 SUICIDE & CRISIS LIFELINE

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

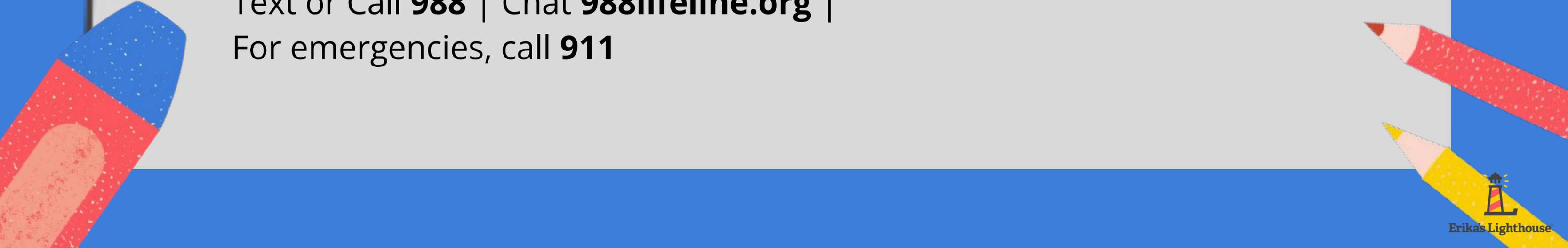
**Whatever the reason:** Mental health distress. Thoughts of suicide.

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**



## EXERCISE:

Your friend comes to you and shares that they have not been sleeping, have no appetite and don't have much energy. They are feeling down.

With another student, practice what you might say to your friend.

A photograph of two young women sitting on a light-colored wooden bench in a well-lit room with large windows. One woman is leaning back and talking to the other, who is sitting upright and listening. There are bags and books on the bench between them.

### Be sure to include:

-  How your friend feels
-  What they've tried to do to feel better
-  And what you might do to help

