

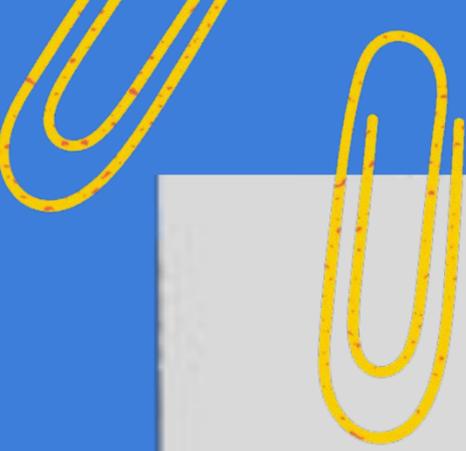


**Erika's
Lighthouse[®]**

Level II: Depression Awareness

LESSON THREE

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



You will...

-  Describe how to identify signs of depression in myself and others
 -  Demonstrate how to help myself or others when experiencing depression
 -  Discuss what we can all do to support good mental health
- 

Stigma



Although depression is incredibly common, 80% of people with depression do not seek treatment.

Why?

- **Depression** is an illness that carries a stigma.
- **Stigma** is a mark of shame associated with a particular circumstance, quality or person.

Stigma Exercise

Stand up if you agree.

Stay seated/Sit down if you disagree.

- I like math
- I enjoy music
- I participate in a sport or club
- I believe good mental health is for everyone
- I know someone who experiences depression



Video Segment Part 1



Level II: Depression Awareness

Scenario Practice



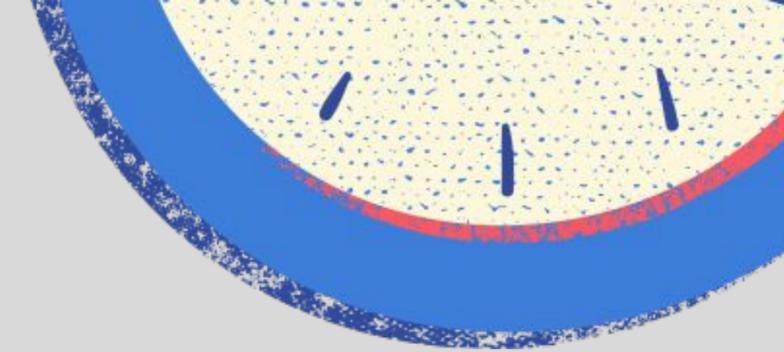
Video Segment Part 2



Level II: Depression Awareness



Discussion Questions

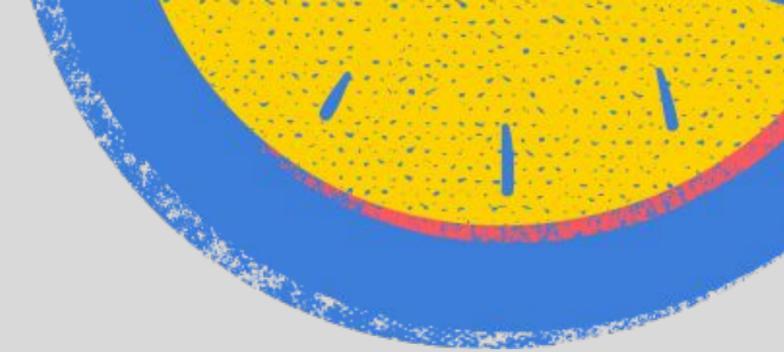


1

What are 4 ways to practice good mental health?



Erika's Lighthouse®



Mental health is balance, the ability to manage stress and achieve one's potential.

2

Is it possible to be free of mental illness, and yet, not mentally healthy? Why or why not?



Erika's Lighthouse®

to be
point of view
Stress [stres
mental or e
the strain
causes e

Stress is normal. But too much stress increases the risk for health issues, like depression.

3

What is stress? What are some things that can cause stress?



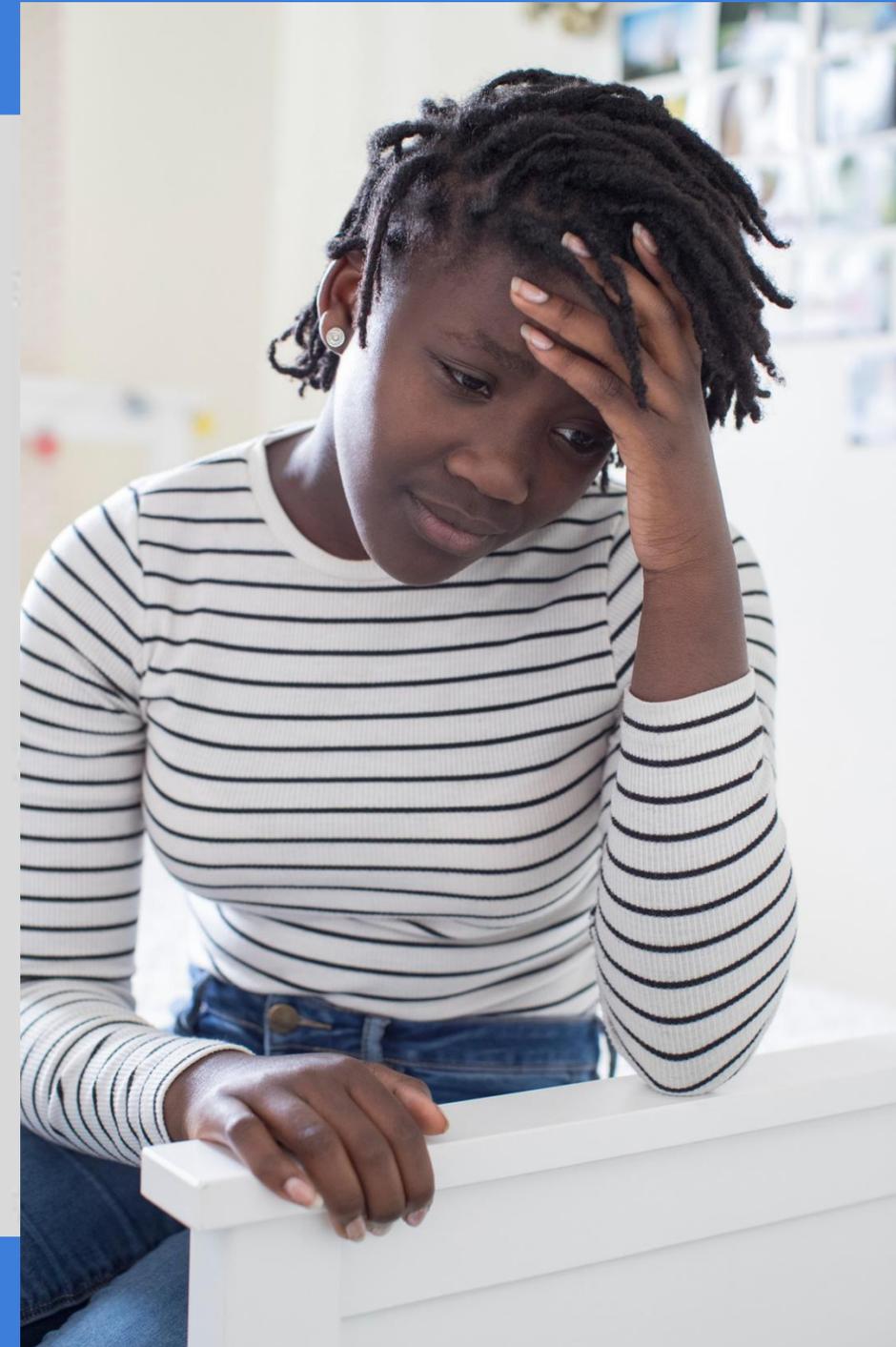


4

How do you know you are stressed? How do you experience it in your body?



Why is it important to be aware of your own personal stress indicators?





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**

