

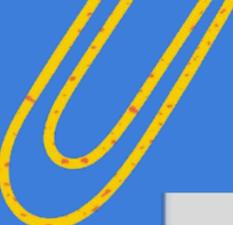


**Erika's
Lighthouse[®]**

Level II: Depression Awareness

One-Day Lesson

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You will...

-  Define that depression is a mood disorder
 -  Describe the signs & symptoms of depression
 -  Identify a reliable, trusted adult at school and/or in the community
 -  Discuss how to maintain good mental health
- 



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

The Video



Level II: Depression Awareness

A One-Day Program Designed for Grades 5-9

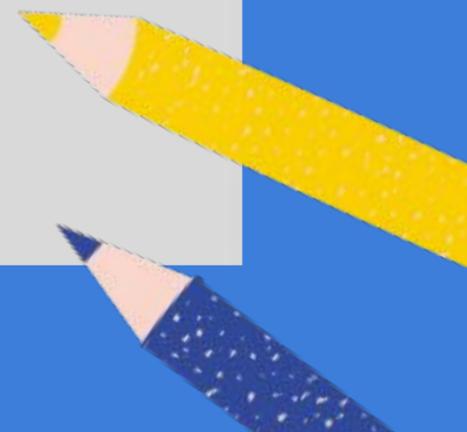




Discussion

What are the symptoms of depression?

Give an example of what that could look like in a teen.

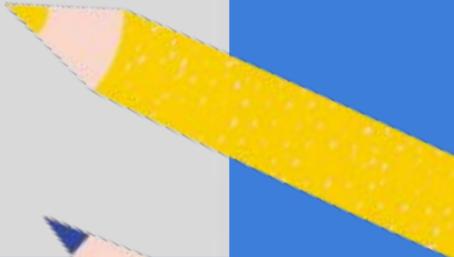




Symptoms

- ① Depressed mood, sadness or irritability
- ① Loss of interest or pleasure in activities
- ① Change in weight or appetite
- ① Change in sleep
- ① Feeling sped up or slowed down
- ① Fatigue or loss of energy
- ① Feelings of worthlessness or guilt
- ① Trouble concentrating or making decisions
- ① Thoughts of death or acts of self-harm

*5 symptoms present
most of every day
for at least 2 weeks*



If you are worried about yourself or a friend, you should always talk to a

Trusted Adult

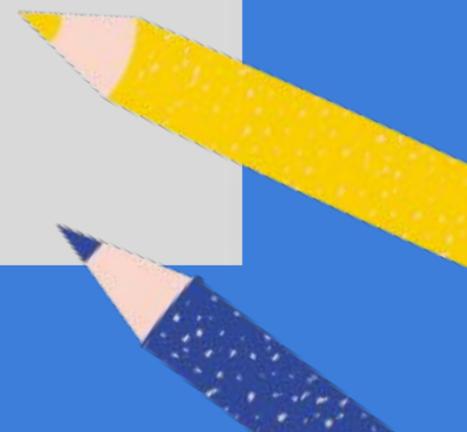
When I say the words **TRUSTED ADULT**, what characteristics or traits come to mind?



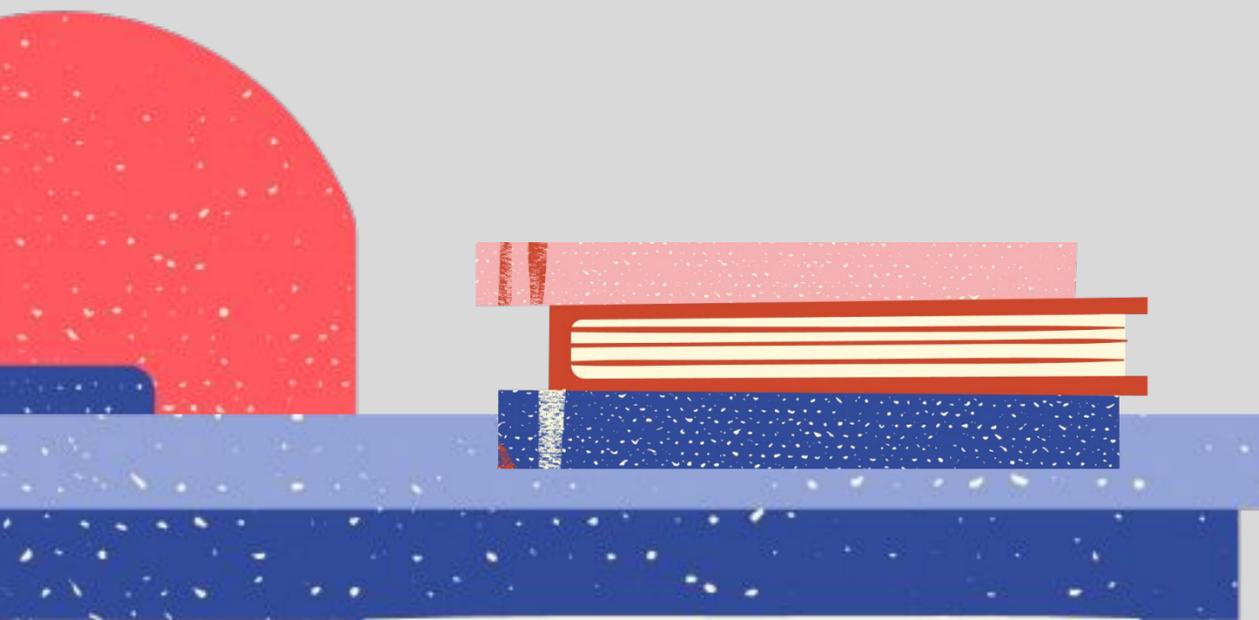


You can get help for yourself or a friend by saying something

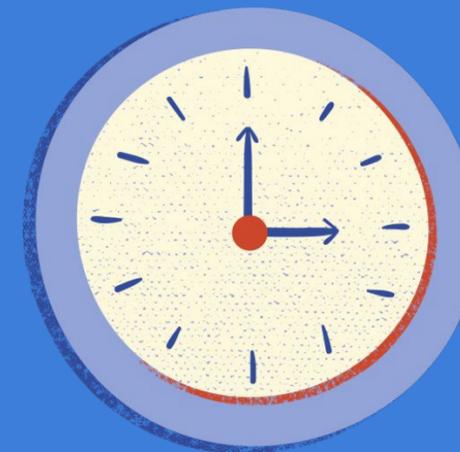
-  **How to talk to a trusted adult**
-  **How to talk to a friend in need**



Role Play



Hey Mom,
Can we talk?



YOU:

Hey, Mom, can we talk?

MOM:

Sure. What's going on?

YOU:

Lately, I haven't been feeling like myself. I feel sad and angry all the time. I'm constantly tired, and I can't focus in school.

MOM:

I've gone through periods like this when I was your age. Hang in there and I'm sure things will get better with a little time.

YOU:

Well, usually when I'm down I feel better if I go for a run or talk to someone. This time I can't seem to shake it. It's been like this for a few weeks now. I even took a depression test online and it reported that I should see a doctor to get it checked out.

MOM:

Really?

YOU:

Yeah, I think I need to talk to someone. Can you help me set up an appointment with my doctor?

MOM:

Sure. I think that's a great idea.

Hey Sam,
Can we talk?



YOU: Hey, can we talk? Over the past few weeks, I've noticed you've been hanging back a lot – not calling or texting me much anymore and skipping out on me and our friends. Recently, you have even missed quite a few play practices. In general, you seem down. This isn't like you. What's going on?

FRIEND: I'm sorry; I've been feeling weird lately.

YOU: I can tell something is different. I'm worried about you and I care.

FRIEND: You don't have to worry. I'm sure I'll snap out of it, eventually.

YOU: You deserve to feel better now and, who knows, it could be something serious like depression. Have you told an adult yet?

FRIEND: No.

YOU: An adult should know so they can help you find a professional to check it out. Who do you feel comfortable talking to?

FRIEND: I guess, Mr. Clark.

YOU: I think he's a great choice. Would you like me to come with you? It might make you more comfortable.

FRIEND: Uh, sure. Yeah, I'd like that



Good Mental Health



Coping Strategies



Good Mental Health Practices





Self-Referral Cards

SELF-REFERRAL CARD

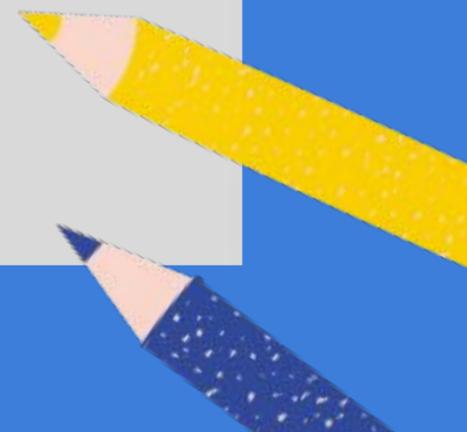
Please fill out the **ENTIRE** card, fold it in half and turn it in to your teacher.

Name _____

Classroom
Teacher _____

Period _____

After hearing the presentation,

- I **would like** to talk to a mental health worker in the **next 24 hours**.
 - I **would like** to talk to a mental health worker in the **next week**.
 - I **would not like** to talk to a mental health worker.
- 





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**

