

# Follow the Footprints



## PURPOSE //

- Educate students about teen depression
- Spread awareness of how to help a friend
- Lead students to a trusted adult/mental health professional (school counselor, social worker, nurse, etc.)

## INSTRUCTIONS //

### Materials

- Instruction poster
- Fact footprints
- Mental health professional footprint blank footprint
- Tape
- Scissors (optional)

### Application

- Attach the fact foot prints to the walls leading to the mental health professional's office.
- Attach the mental health professional foot print to the door to their office. The mental health professional may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

### Assembly

1. Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
2. You can cut out the fact footprints or leave them as a whole sheet of paper.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:

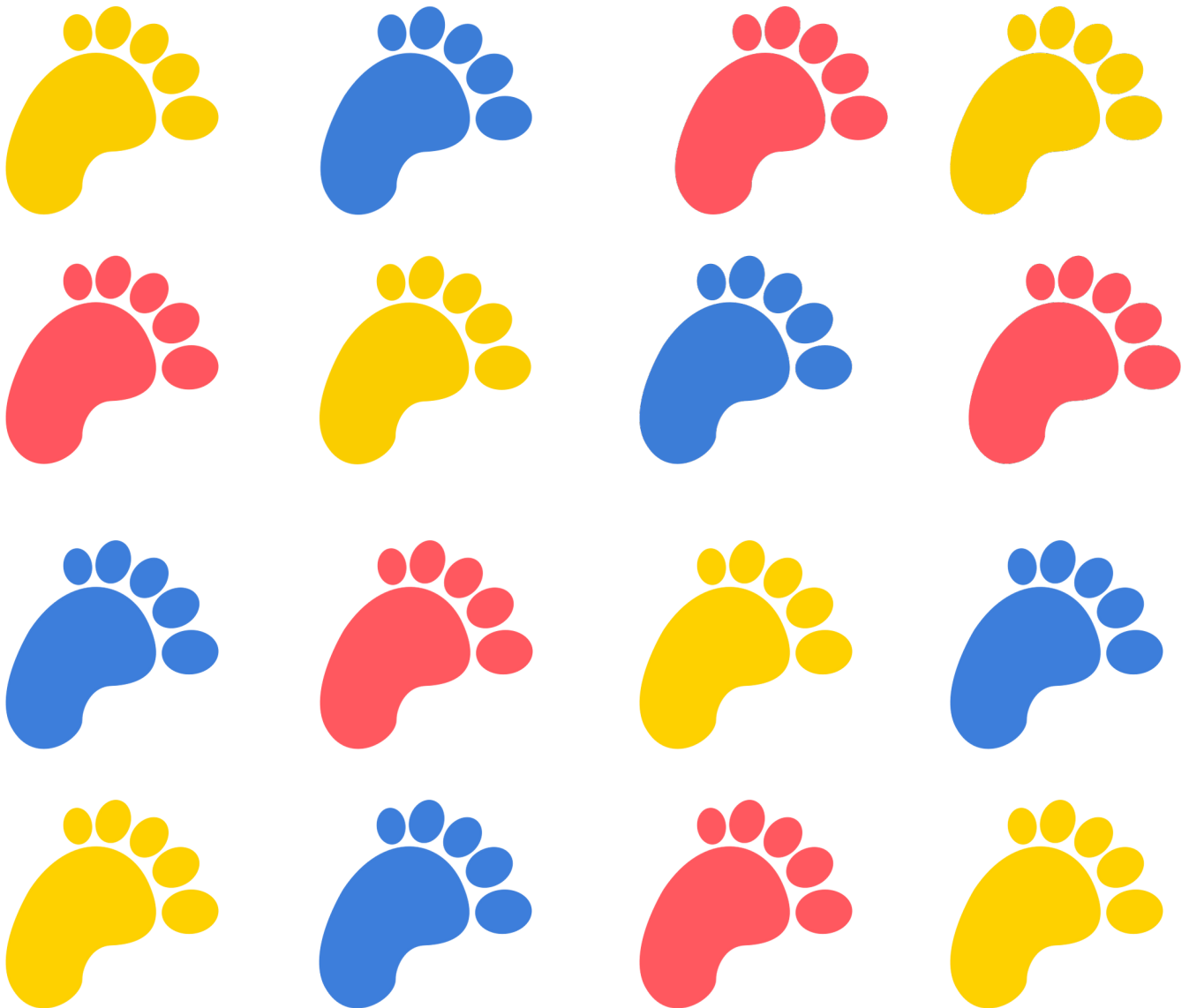




Have you seen the footprints around the school?

## Follow the Footprints

to learn more about depression and get to  
know your school's mental health staff!





**Did you know...**

**90% of youth who take their own life have a diagnosable mental disorder, the most common being depression.**

For more information on teen depression, check out [ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know ...**

**15-20% of teens will have a  
depressive episode before  
they reach adulthood.  
That's about 5 in a  
class of 25!**

For more information on teen  
depression, check out  
[ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**



**Did you know ...**

**Between 20-50% of youth  
have a family history of  
depression, and are three  
times more likely to  
develop depression.**

For more information on teen  
depression, check out  
[ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know ...**

**Healthy lifestyle choices  
can alleviate symptoms of  
depression. These include  
physical activity, good  
nutrition, and  
adequate sleep.**

For more information on teen  
depression, check out  
[ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know ...**

**Treatment for depression is available and effective, but more than 80% of people suffering from depression never receive treatment due to stigma.**

For more information on teen depression, check out [ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

## **Did you know ...**

**The best way to help a friend  
is to communicate:**

- 1) The changes that you  
have noticed.**
- 2) That you care.**
- 3) Ask how you can help  
them take action  
toward seeking help.**

For more information on teen  
depression, check out  
[ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

**Welcome!**

**We're so glad you made it!  
I'm a trusted adult you can  
talk to if you're concerned  
about yourself or a friend.**

**Come on in  
and Let's  
Talk!**

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depression, check out  
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