

Ghostbuster Poster



PURPOSE //////////////////////////////////////

- Create awareness of the stigma that surrounds depression and mental health
- Educate students on how to reduce the stigma around depression
- Encourage conversations around mental health topics

OBJECTIVE //////////////////////////////////////

- Reduce stigma
- Share stigma and depression education

INSTRUCTIONS //////////////////////////////////////

Materials

- Ghostbusters Poster about mental health
- Ghostbusters Poster about depression

Application

- Hang posters around the building during Halloween season

Assembly

1. Print out the Ghostbusters poster
2. Hang up in high-traffic areas around school

Let us know how the activity goes!

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



@ErikasLH



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erikas.lighthouse



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Mental Health is not scary. Everyone has mental health, and mental health is just as important as physical health.



Unfortunately, many people have negative or inaccurate views of mental health and mental health problems.

THIS IS CALLED STIGMA

YOU CAN HELP FIGHT THE STIGMA AROUND DEPRESSION BY:

- Educating yourself about mental health
- Thinking of mental health in the same way you think about your physical health
- Listening non-judgmentally when someone talks about their mental health



Happy Halloween

from the Erika's Lighthouse club, your mental health Stigma (Ghost) Busters!



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For more information on mental health, check out www.ErikasLighthouse.org



Depression is nothing
to be ashamed of.
It is caused by genetic,
biological, social and
environmental factors.
Seeking help for
depression is a sign of
strength.



Unfortunately, many people have negative or inaccurate views of people
with depression.

THIS IS CALLED STIGMA

YOU CAN HELP FIGHT THE STIGMA AROUND DEPRESSION BY:

- Educating yourself about depression
- Listening non-judgmentally when someone talks about their depression
- Remembering that depression is only one small part of a person, it doesn't define them



Happy Halloween

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For more information on teen depression, check out www.ErikasLighthouse.org