



How to Utilize Virtual Awareness into Action Activities

Erika's Lighthouse is proud to offer Teen Empowerment Clubs, educators and teens the opportunity to promote good mental health, education and positive messages.

Unlike our regular Awareness into Action Activities, the "virtual" activities provide an opportunity for quick touch points with students, parents and others about good mental health practices and information.

How can you use Virtual Awareness into Action Activities?

Social Media

Post a new Virtual Awareness into Action Activity each week on your school or district's social media. (Image sizes are already specified to Facebook).

Recruit students for your school's Teen Empowerment Club (if available, we can help that be virtual too!).

Use positive mental health messages as your school's Facebook or Twitter header.

Email

Drop a Virtual Awareness into Action Activity image into an email and send out to your school, students, or parents to promote good mental health.

Post a Virtual Awareness into Action Activity image on your front dashboard page once a week for students.

LMS

Send the "Where to Go For Help?" activity to students 2 days after receiving the Erika's Lighthouse programming.

Send Virtual Awareness into Action Activity messages to students prior to remote classes starting.

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255. If this is an emergency, please call 911.