



2025-2026 SCHOOL YEAR PROGRAM IMPACT REPORT

TURNING HOPE INTO ACTION

A year of reaching students, strengthening schools, and turning mental health education into action.

Every student deserves good mental health.

We're a nonprofit on a mission to provide free mental health programs for any school, anywhere.

THE YEAR AT A GLANCE:

1.7 Million+

Youth Directly Impacted

5,400+

Schools Reached

50

States

38

Countries

During the 2025–2026 school year, Erika's Lighthouse directly impacted more than 1.7 million youth across over 5,400 schools in all 50 states and 38 countries, the scale of a prevention model built to make high-quality mental health education available wherever students learn.

OUR GROWING LEGACY

5.4M+ Students

Reached Since 2004



K-12

100% FREE

PREVENTION-FOCUSED

Erika's Lighthouse provides comprehensive mental health literacy and suicide prevention resources for grades K-12 free of charge, so financial barriers never stand in the way of protecting a child's life.



PROGRAMS IN ACTION

A WHOLE-SCHOOL APPROACH TO PREVENTION

Erika's Lighthouse uses an educate-the-educator model that combines classroom education with student leadership, family engagement, adult training, and schoolwide supports. This approach gives young people and the adults around them practical knowledge, skills, and vocabulary to act.

CLASSROOM EDUCATION

Lessons that build mental health literacy, recognize depression, and encourage help-seeking.

EMPOWERMENT CLUBS

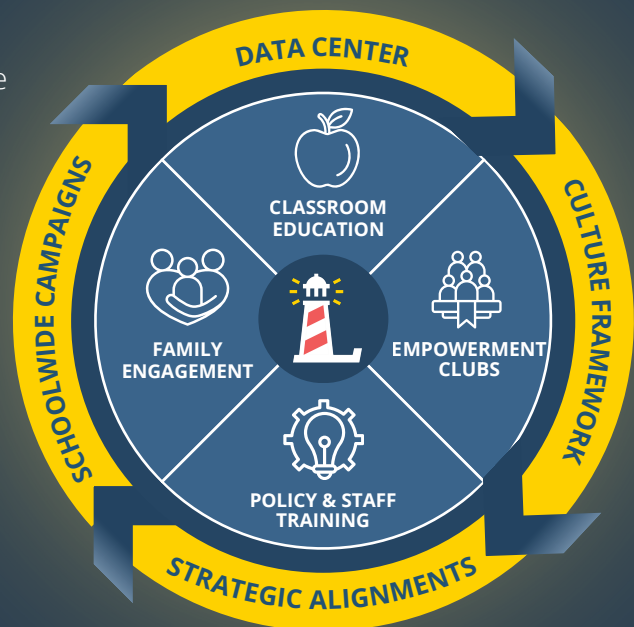
Student-led opportunities that promote good mental health and strengthen peer leadership.

FAMILY ENGAGEMENT

Resources that help families become informed, confident partners in mental health.

POLICY & STAFF TRAINING

Training and actionable resources for adults who shape school culture.



WRAPAROUND SUPPORTS

SCHOOLWIDE CAMPAIGNS

Whole-building activities that make mental health visible

DATA CENTER

Local data that helps schools understand program effectiveness

CULTURE FRAMEWORK

Resources that help schools promote an inclusive culture

STRATEGIC ALIGNMENTS

Partnerships that extend program reach and outcomes



2025-2026 ACCOMPLISHMENTS

FROM PROGRAM DELIVERY TO PROGRAM **GROWTH**

A snapshot of the program developments that strengthened delivery, access, evaluation, and school engagement during the 2025–2026 school year.



DEEPER ENGAGEMENT

This year, we launched new Family Toolbox and Awareness Into Action activities. We also introduced nationwide Mental Health Learning Standards and updated Empowerment Club Leadership Trainings.



OFFICIAL STATE RECOGNITION

We expanded formal state-level endorsements this year, earning new Department of Education approvals in Arizona, Georgia, Nebraska, Oklahoma, and Wyoming.



NATIONAL BEST PRACTICE RECOGNITION

Our School Staff Training on Adolescent Depression and Suicide earned official inclusion as an Approved Program on the Suicide Prevention Resource Center's Best Practice Registry (BPR). This expert-backed designation ensures educators have proven tools to support at-risk students.



DATA & EVALUATION

100,000+ Pre-Tests Completed

62,810 Post-Tests Completed

20% Increase from the
previous year



REACHING STUDENTS EVERYWHERE

REMOVING BARRIERS IS PART OF THE MODEL

Equitable access starts with a simple promise: high-quality mental health education should not depend on a school's budget, zip code, or ability to purchase a program. Scale matters, so does who gets reached.



NEW SCHOOLS

2,432

RETURNING SCHOOLS

3,271

86% annual retention rate.

TITLE 1 SCHOOLS SERVED

3,101

ELIGIBLE FOR FREE LUNCH

54.7%



THE EVIDENCE OF **IMPACT**

Prevention is most powerful when students leave a lesson with knowledge they can use and confidence to act. The latest published evaluation snapshot shows strong student outcomes across mental health literacy, help-seeking, and connection.

90%

MENTAL HEALTH LITERACY

Students demonstrate the ability to correctly identify signs of depression.

95%

MENTAL HEALTH CONVERSATIONS

Students believe we should be talking about mental health.

96%

HELP-SEEKING FOR A FRIEND

Students know how to seek help for a friend in crisis.

+11%

TRUSTED ADULT CONNECTION

Increase in students identifying a teacher as a trusted adult (reaching 84% post-survey).

WHEN THE LESSON STAYS WITH YOU: A REAL STORY OF PREVENTION IN ACTION



Four 8th graders stopped into my office to express concern over some things a friend had been posting on social media... One of the students said, “we are just worried about him because we remembered those symptoms of depression we learned from Erika's Lighthouse.”

— **8th Grade School Counselor**, Skinner North Elementary School, Chicago, IL

WHY THIS MATTERS: These students first learned about mental health through Erika's Lighthouse in 5th grade back in 2023. Years later, the knowledge stuck with them and empowered them to recognize warning signs and step up for a peer in need.

All evaluation data is from Erika's Lighthouse Levels II & III Classroom Education programs from the 2025–2026 School Year (76,093 pre-program surveys & 50,178 post-program surveys).



WHY IT WORKS

A MODEL BUILT TO **REACH** EVERY STUDENT

Every young person deserves access to high-quality mental health education, regardless of where they live or whether their school has the resources to pay for a program. Erika's Lighthouse uses an educator-centered model to bring evidence-informed mental health education and suicide prevention resources to schools at no cost.



WHY IT MATTERS

When mental health education becomes part of everyday classroom life, students gain the knowledge and confidence to recognize concerns, start conversations, and seek support.

FREE TO SCHOOLS

Our programs are 100% free, making it possible for schools to provide mental health education to every student, regardless of budget or resources.

TURN-KEY

Our educate-the-educator model gives school staff the training and ready-to-use resources they need to bring mental health education into their classrooms.

SCALABLE

A cost-effective model allows Erika's Lighthouse to reach students in urban, suburban, and rural schools across the country.

MEASURABLE

Our data center and program evaluation help schools understand what students are learning and how programs are making a difference.



Your partnership helps bring free mental health education and suicide prevention programs to schools across the country so every young person has the knowledge, skills, and support to care for their mental health.

EVERY STUDENT DESERVES GOOD MENTAL HEALTH.



Support the Mission

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