



Erika's Lighthouse offers a full suite of free, universal, tier-1, ready-to-use programs and resources for any school, anywhere.

FOUR PILLAR MODEL

The core programs we believe every school needs - for grades 4-12.



Classroom Education

Educational lessons about mental health, depression and suicide.



Empowerment Clubs

Good mental health clubs to empower young people to change the world.



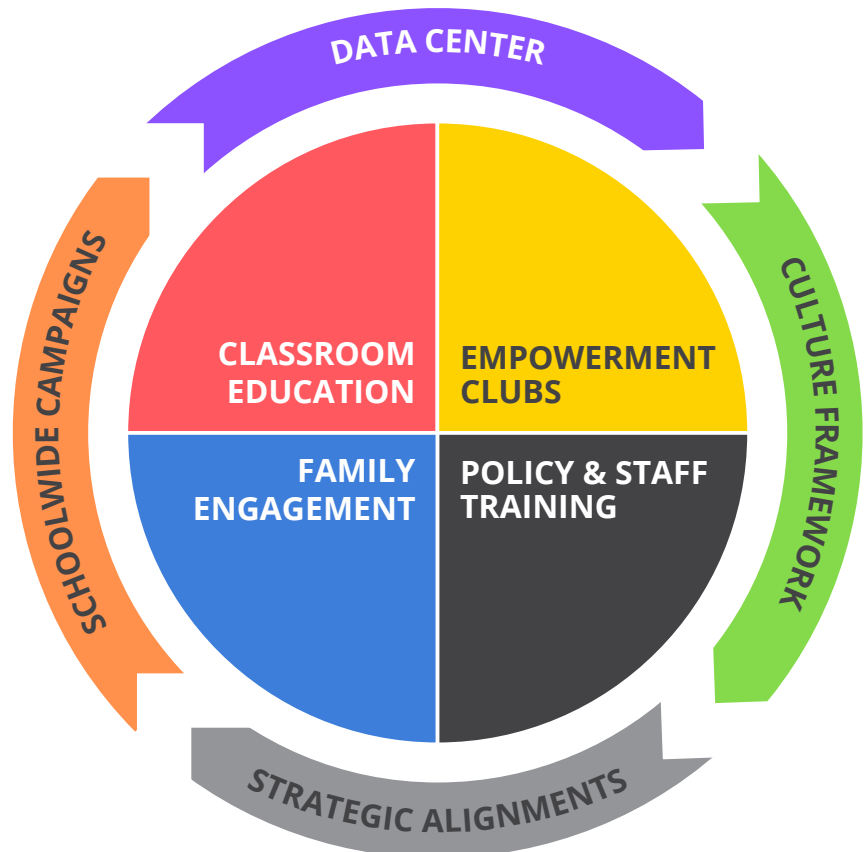
Family Engagement

Programs and resources for families to be partners in mental health.



Policy & Staff Training

Staff training, well-being activities and more for a positive climate.



WRAPAROUND SUPPORTS

Erika's Lighthouse is offering support beyond programs. We are simplifying how schools focus on campaigns, data, culture and complementary programs and services.



Culture Framework

Resources, aligned with MTSS, that meaningfully help establish an inclusive culture.



Schoolwide Campaigns

Activities for whole buildings to engage in good mental health.



Data Center

Assessment and evaluations for schools to make data-informed decisions.



Strategic Alignments

Leveraging partnerships to further enhance programs and outcomes.

Access every free program and resource at ErikasLighthouse.org.



Effective and Impactful

Erika's Lighthouse free mental health literacy, depression education and suicide prevention programs are evidence-informed and highly effective.

We are leaders in data and evaluation. Our incredible program outcomes are not just for show. We provide schools, district and states with local data on how our programs impact their students, families & staff.



Erika's Lighthouse®

www.ErikasLighthouse.org

Increasing Knowledge

"I can identify everyday feelings, overwhelming feelings and/or the signs and symptoms of depression."



89% of students reported achieving a key learning objective: mental health literacy.

- ↳ 8% increase.
- ↳ 16% increase in strongly agreeing.

Key: Strongly Disagree Disagree Agree Strongly Agree

Normalizing Conversations

"People should talk about mental health."



93% of students believe we should be talking about mental health.

- ↳ 4% increase.
- ↳ 12% increase in strongly agreeing.

Key: Strongly Disagree Disagree Agree Strongly Agree

Identifying Trusted Adults

"Which of the following are examples of who could be a Trusted Adult."



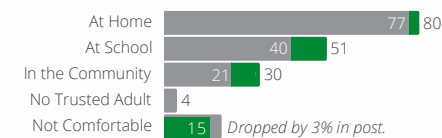
13% of students increased their identification of trusted adults outside home.

- ↳ 7% for teachers.
- ↳ 13% for coaches & religious leaders.

Key: Pre Post

Increasing Help-Seeking

"I am comfortable talking with a trusted adult about my mental health."



11% of students increased their comfort in speaking with an adult about mental health.

- ↳ 17% decrease in students not comfortable talking to a trusted adult.

Key: Pre Post

Empowering Students

"I believe I have the information and ability to take care of my mental health."



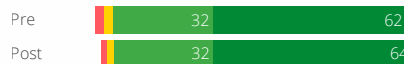
91% of students have the information and ability to take care of their mental health.

- ↳ 3% increase.
- ↳ 8% increase in strongly agreeing.

Key: Strongly Disagree Disagree Agree Strongly Agree

Supporting Friends

"It is important to seek help for a friend talking about suicide."



96% of students believe it is important to seek help for a friend talking about suicide.

- ↳ This is further improved by the increase in identifying trusted adults.

Key: Strongly Disagree Disagree Agree Strongly Agree

Resonating with Students

"This program is important and helpful."



92% of students believe the program is important and helpful.

Key: Strongly Disagree Disagree Agree Strongly Agree

Our Programs, Your Data

Create a Resource Portal Account to start using our programs, in your school, today.

Access Now



ErikasLighthouse.org



Emily Graybill, PhD, NCSP
Rutgers University

Professional Advisory Board

Erika's Lighthouse has developed a mental wellness and suicide awareness and prevention program that is accessible and acceptable to educators and youth and also incorporates effective pedagogical techniques for today's youth and adult learners.

The evaluation data from our multi-state implementation of Erika's Lighthouse suggest that after **only a single session** of Erika's Lighthouse, youth improve in their understanding of mental health, school connectedness, and ability/willingness to connect with trusted adults.

Our schools are fortunate to have this mental health curriculum that is evidence-informed, youth- and adult-friendly, and available at no cost.

Survey data was completed between July 1, 2024 and June 30, 2025 by 78,293 students for a pre-program survey and 46,654 students for a post-program survey.