

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:



@ErikasLH



erikas.lighthouse

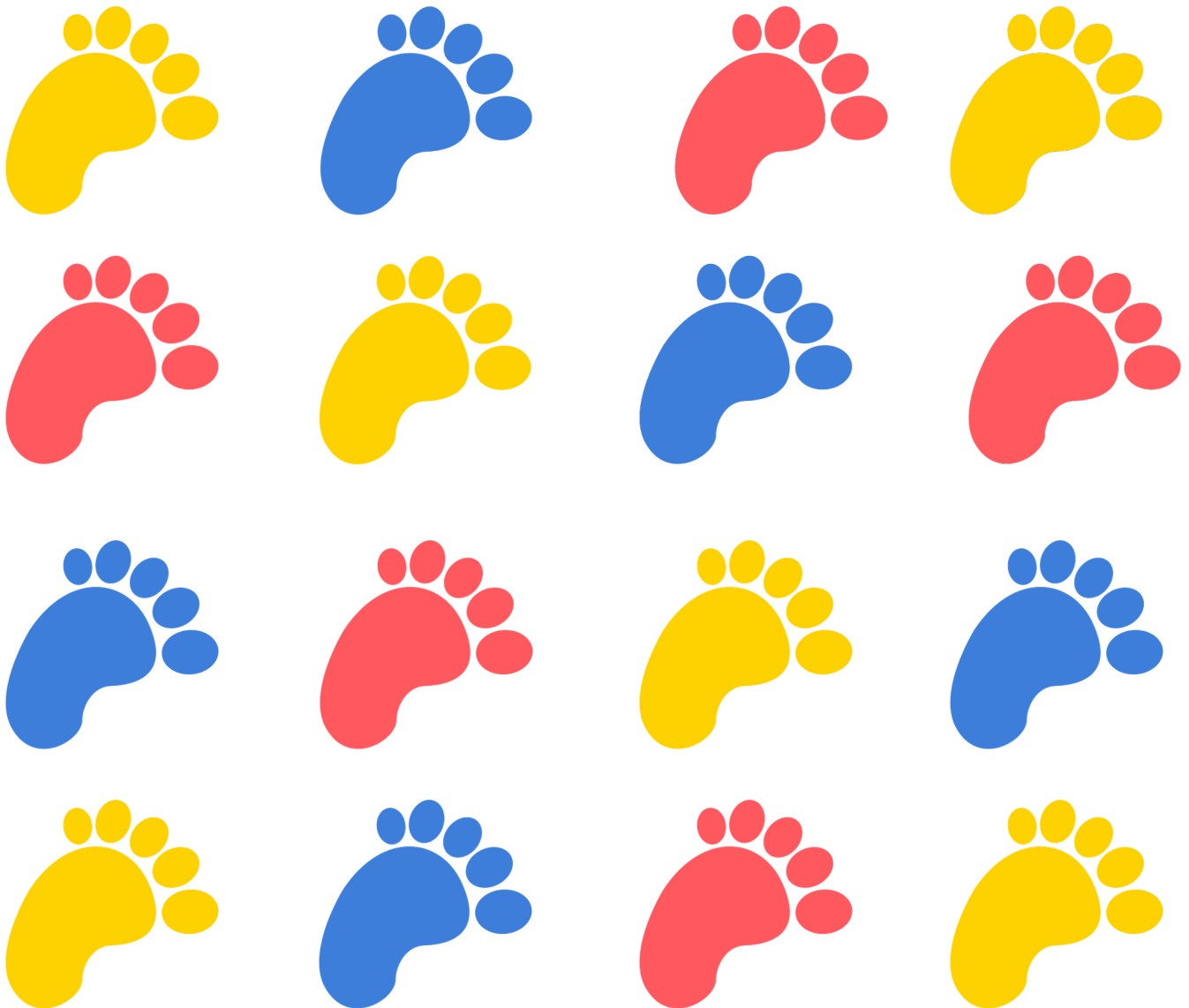


@Erika's Lighthouse

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



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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



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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



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Did you know ...

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

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depression, check out
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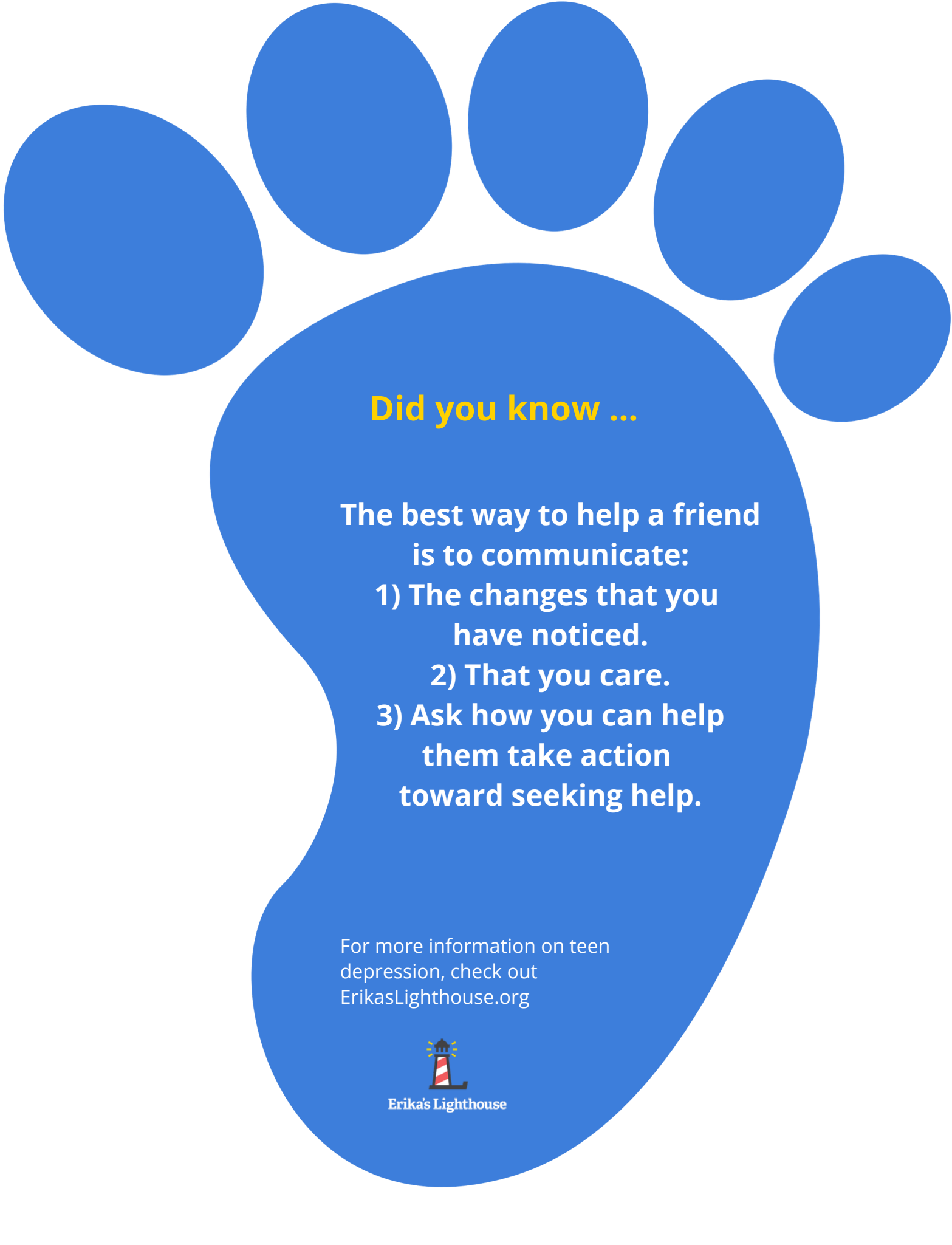
Did you know ...

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



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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



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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
ErikasLighthouse.org



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