



Erika's Lighthouse®

Level II:

Depression Awareness

LESSON ONE

Pre-test:

<http://elhms.info>



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You will...

- ① Define that depression is a mood disorder
- ① Describe the signs & symptoms, risk factors, and resources for depression
- ① Access a reliable, trusted adult at school

Erika's Lighthouse Overview

This program was inspired by a young person named Erika. Erika was a bright light who, sadly, lost her battle with depression in 2004, at age 14.

Erika's Lighthouse was founded in her honor and is dedicated to helping other young people learn about depression and overcome the stigma surrounding mental health disorders.



Video Segment #1



Level II: Depression Awareness

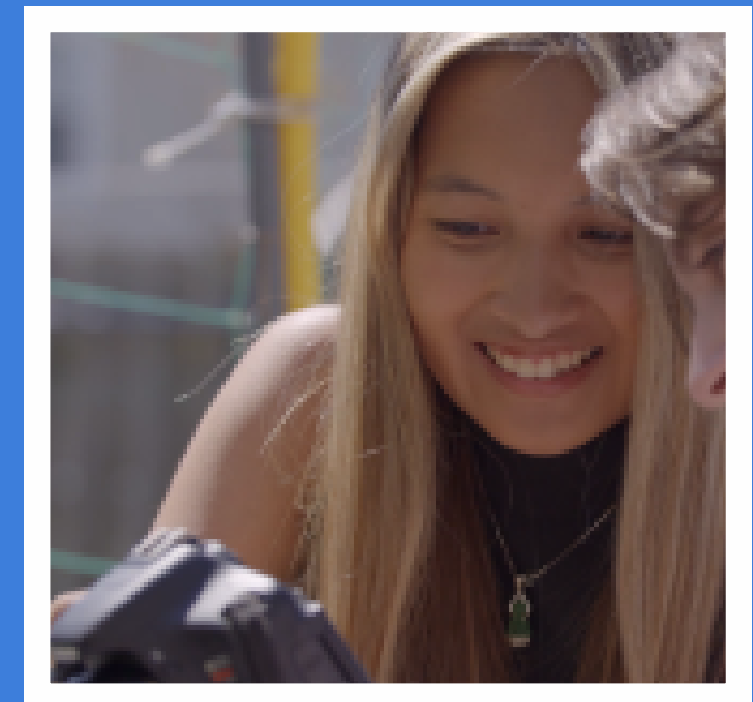
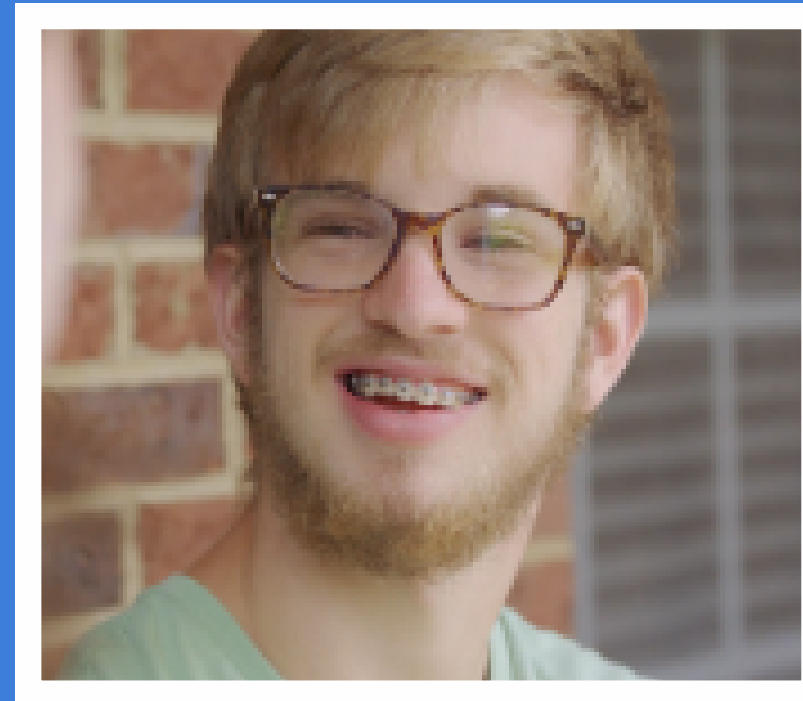
Signs & Symptoms

Discussion Questions

- ① How common is depression in teens?
- ① Is depression a risk factor for suicide?
- ① What are the signs and symptoms of depression?
- ① Can you tell by someone's appearance that they have depression?
- ① Does this mean that anyone who experiences stress will be diagnosed with depression?
- ① If there is a history of depression in your family, does that mean you will develop it ?

Break into Small Groups

Using your Student Workbook, choose **two** student stories to watch. As you watch, write down the **signs and symptoms** that the students experienced.



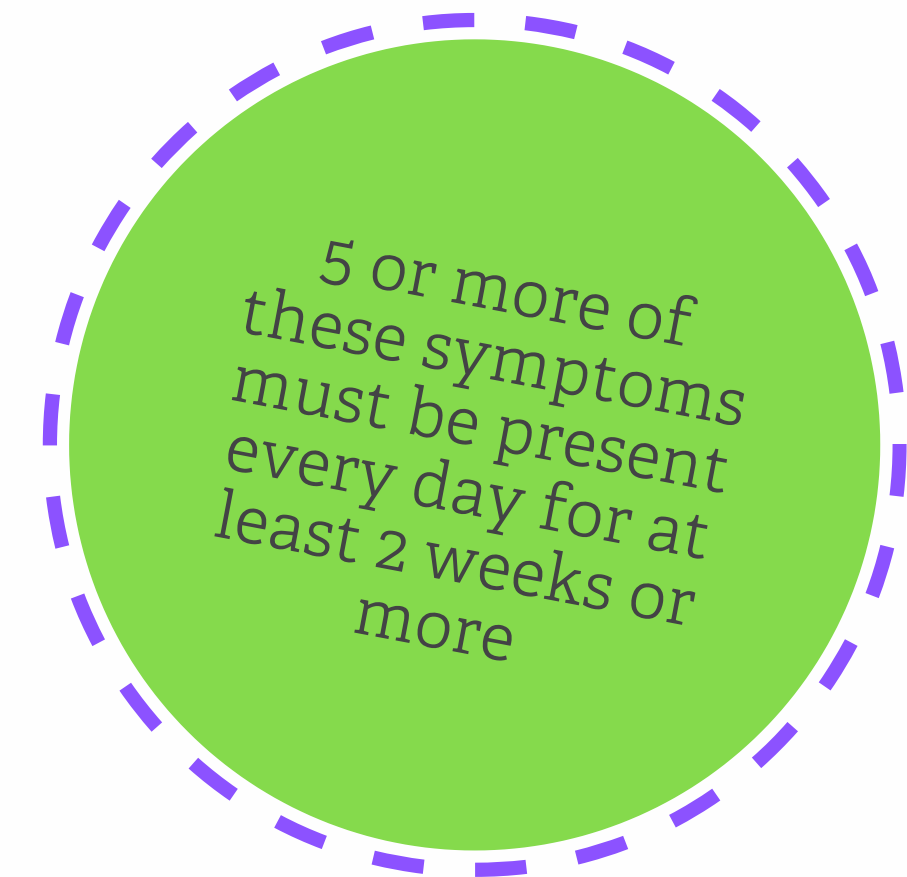
Discussion

What were the students' signs and symptoms?

Did you notice any similarities or differences
between the students' experiences?

Symptoms

- Depressed mood, sadness, or irritability
- Loss of interest or pleasure in activities
- Change in weight or appetite
- Change in sleep
- Feeling sped up or slowed down
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Thoughts of death or acts of self-harm



When I say the words **Trusted Adult**, what characteristics or traits come to mind?



Valid & Reliable



Self-Referral Cards

SELF-REFERRAL CARD

Please fill out the ENTIRE card, fold it in half and turn it in to your teacher.

Name _____

Classroom _____

Teacher _____

Period _____

After hearing the presentation,

- ☐ I **would like** to talk to a mental health worker in the **next 24 hours**.
- ☐ I **would like** to talk to a mental health worker in the **next week**.
- ☐ I **would not like** to talk to a mental health worker.

988 SUICIDE & CRISIS
LIFELINE

Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Thoughts of suicide.
Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.

Text or Call **988** | Chat **988lifeline.org** |

For emergencies, call **911**

