



**Erika's
Lighthouse®**

Level II:

Depression Awareness




Coping Strategies

LESSON THREE



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You will...

-  Learn how to help myself or others when experiencing depression
-  Discuss how to take care of your mental health
-  Practice communication skills to take care of your health and well being

Talk to a Trusted Adult

- ④ How you **FEEL**
- ④ What you've **TRIED**
- ④ What they can do to **HELP**



Scenario Activity:

Your friend comes to you and shares that they have not been sleeping, have no appetite and don't have much energy. They are feeling down.

With another student, practice what you might say to your friend.

Be sure to include:

- How your friend feels
- What they've tried to do to feel better
- What might you do to help



Scenario Practice

Break into groups

**Choose 1 student's story
Answer the questions
about the story**

When helping yourself:

- What you feel
- What you tried to feel better
- How someone can help you see a mental health professional

When helping a friend:

- What you notice
- That you care
- How you can help get them to a trusted adult

Video Segment Part 3



Level II: Coping Strategies

Discussion

What are 4
ways to
practice good
mental health?



**Mental health is balance,
the ability to manage
stress and achieve one's
potential.**



**Is it possible to be free of
mental illness, and yet,
not mentally healthy?
Why or why not?**

Stress is normal. But too much stress increases the risk for health issues, like depression.



What is stress? What are some things that can cause stress?



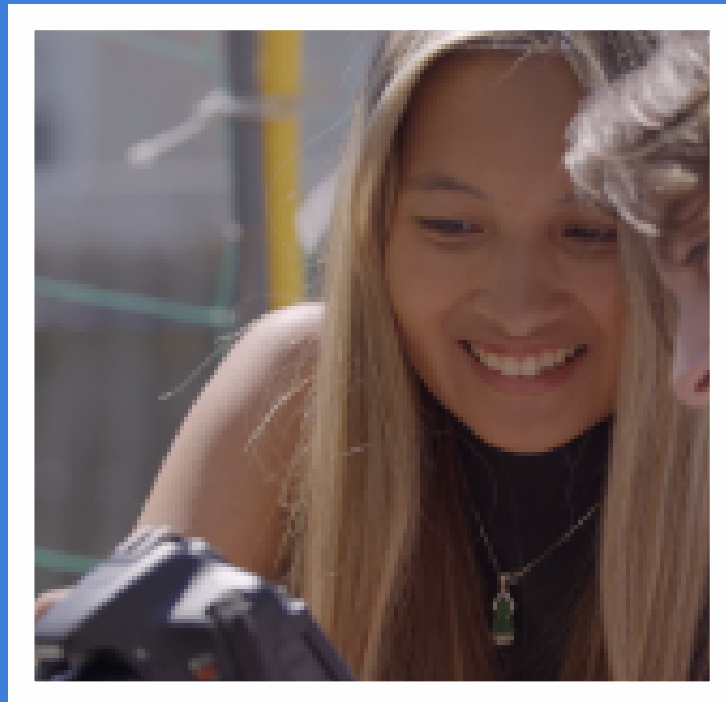
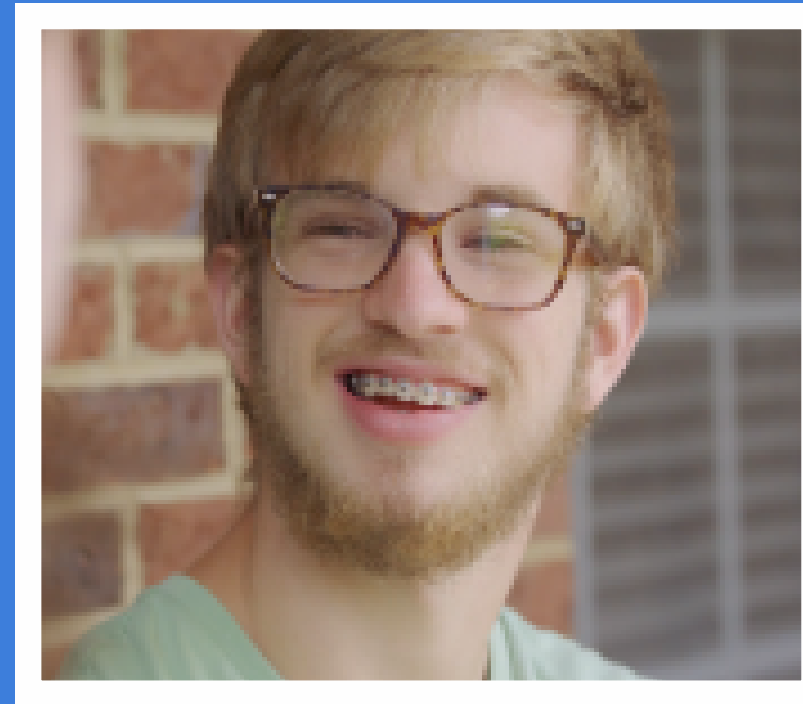
How do you know you are stressed? How do you experience it in your body?

Why is it important to be aware of your own personal stress indicators?

Break into Small Groups

Using your Student Workbook, choose **two** student stories to watch.

As you watch, write down what **coping strategies** the student used to take care of their mental health.



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**



Post-Test



<http://elhmspост.info>