







Erika's  
Lighthouse®

Level II:  
Depression Awareness  
LESSON TWO



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# You will...

-  Define what stigma is
-  Learn that depression is treatable
-  Demonstrate how to reach out for help for yourself or a friend
-  Learn how to effectively communicate if you are concerned about yourself or a friend

# • Stigma Exercise •

**Stand up if you  
agree.  
Stay seated/Sit  
down if you  
disagree.**

I like math

I enjoy music

I know someone who  
experiences depression

I participate in a sport or club

I believe good mental  
health is for everyone



# Stigma

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Although depression is incredibly common, **80% of people with depression do not seek treatment.**

Why?



Depression is an illness that carries a stigma.



Stigma is a mark of shame associated with a particular circumstance, quality or person.

# Lesson 2 Video Segment



Level II: Depression Awareness

Help-Seeking

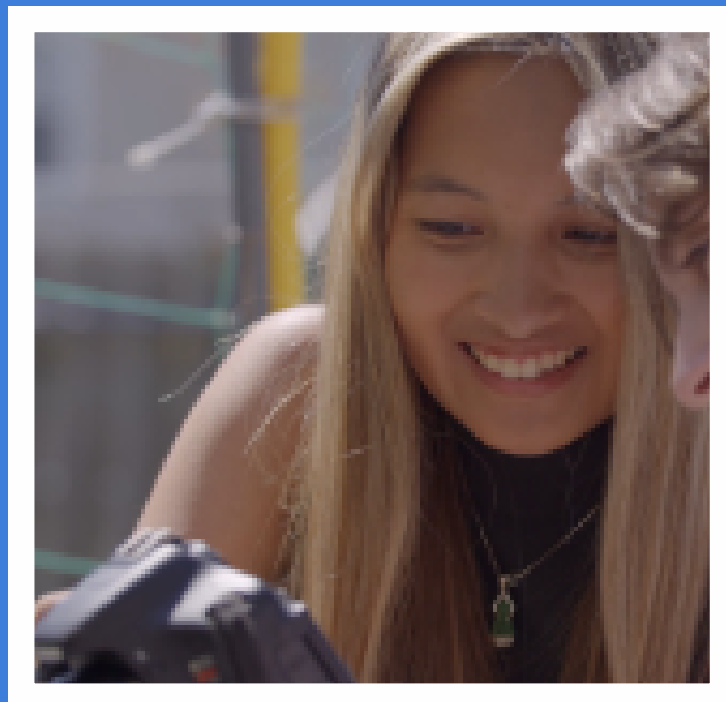
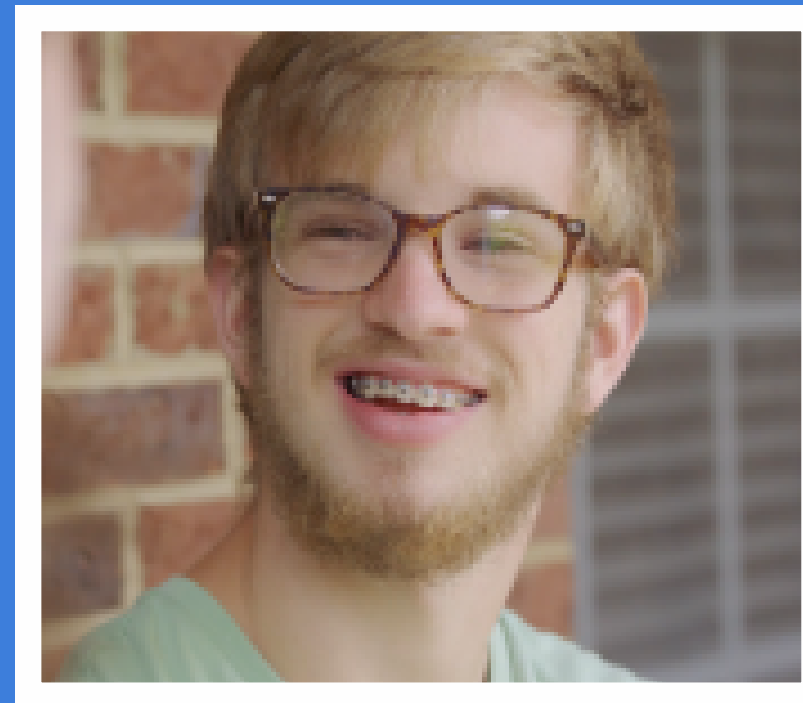


# Break into Small Groups

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




**As you watch, answer the following questions:**

- Who did the students in the vignettes go to for help?
- Where could you find help in your school or community?



# Group Activity

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-  Find a station with chart paper and a marker
-  Write down as many trusted adults as you can think of
-  Write down as many resources in the school and the community that you can think of

# 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

**Depression can happen to anyone.**



**You deserve  
to  
feel better**

**It is a common and treatable illness and nothing to be ashamed of.**



# Talk to a Trusted Adult

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



**YOU:**  
Hey, Mom, can we talk?



**MOM:**  
Sure. What's going on?

**YOU:**  
Lately, I haven't been feeling like myself. I feel sad and angry all the time. I'm constantly tired, and I can't focus in school.



**MOM:**  
I've gone through periods like this when I was your age. Hang in there and I'm sure things will get better with a little time.

**YOU:**  
Well, usually when I'm down I feel better if I go for a run or talk to someone. This time I can't seem to shake it. It's been like this for a few weeks now. I even took a depression test online and it reported that I should see a doctor to get it checked out.



**MOM:**  
Really?

**YOU:**  
Yeah, I think I need to talk to someone. Can you help me set up an appointment with my doctor?



**MOM:**  
Sure. I think that's a great idea.

What if it is a  
**FRIEND** you are  
concerned about?



"I've noticed changes in you."

"I care for you."

"How can I help you?"

**SAM:** Hey, can we talk? Over the past few weeks, I've noticed you've been hanging back a lot – not calling or texting me much anymore and skipping out on me and our friends. Recently, you have even missed quite a few play practices. In general, you seem down. This isn't like you. What's going on?



**FRIEND:** I'm sorry; I've been feeling weird lately.

**SAM:** I can tell something is different. I'm worried about you and I care.



**FRIEND:** You don't have to worry. I'm sure I'll snap out of it, eventually.

**SAM:** You deserve to feel better now and, who knows, it could be something serious like depression. Have you told an adult yet?



**FRIEND:** No.

**SAM:** An adult should know so they can help you find a professional to check it out. Who do you feel comfortable talking to?



**FRIEND:** I guess, Mr. Clark.

**SAM:** I think he's a great choice. Would you like me to come with you? It might make you more comfortable.



**FRIEND:** Uh, sure. Yeah, I'd like that



If your friend is hurting  
themselves or talking about  
suicide... tell an adult

**IMMEDIATELY**

# BE A GOOD FRIEND

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...by listening, showing  
them you care, and  
helping them find help.



**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**

