



Erika's Lighthouse®

Level III:

Depression Education & Suicide Awareness

ONE-DAY LESSON

[Pre-test: http://elhhs.info](http://elhhs.info)



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.



You will...

Define that depression is a common mood disorder with specific changes in moods, thoughts, and behaviors

Explain that there is not one reason someone has depression

Recognize that depression can get better and you can find support

Explain that good self-care is a key piece to managing depression

Describe that self-harm and suicidal thoughts are symptoms of depression that we must take very seriously

The Video



Discussion

What are some of the signs and symptoms of depression?

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

5 symptoms
present
most of every
day
for at least 2
weeks

Discussion

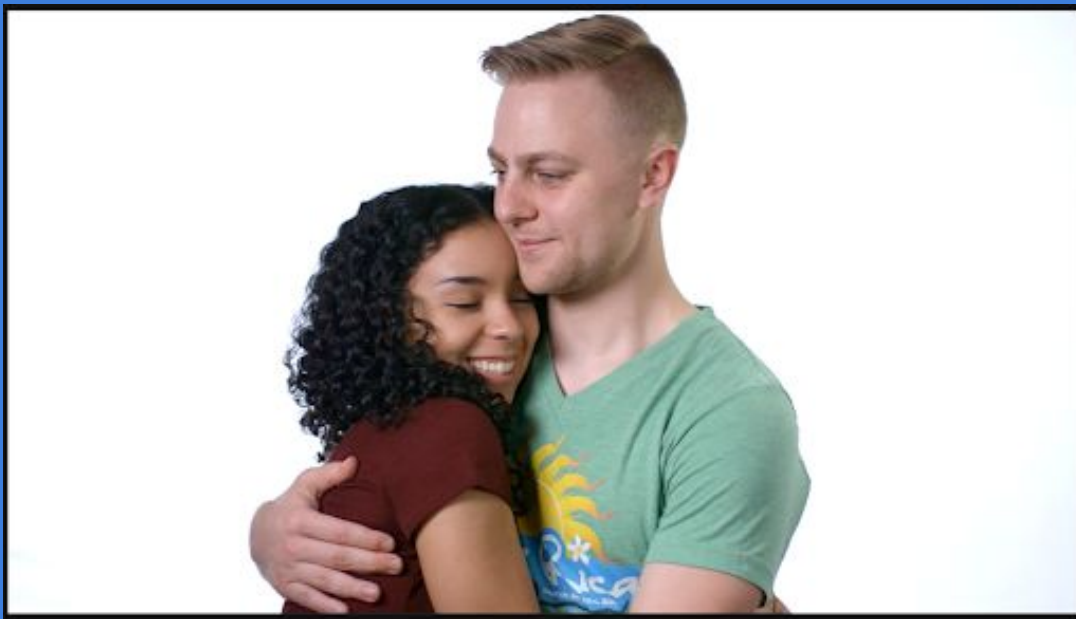
What is Stigma?

What are examples of stigma that some of the teens in the video experienced?

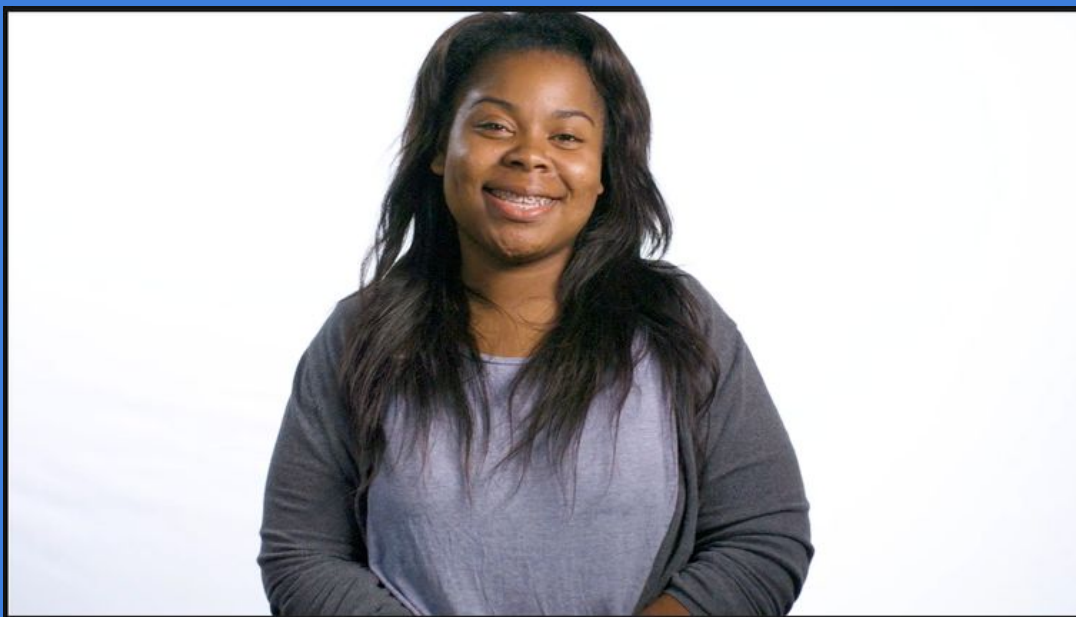
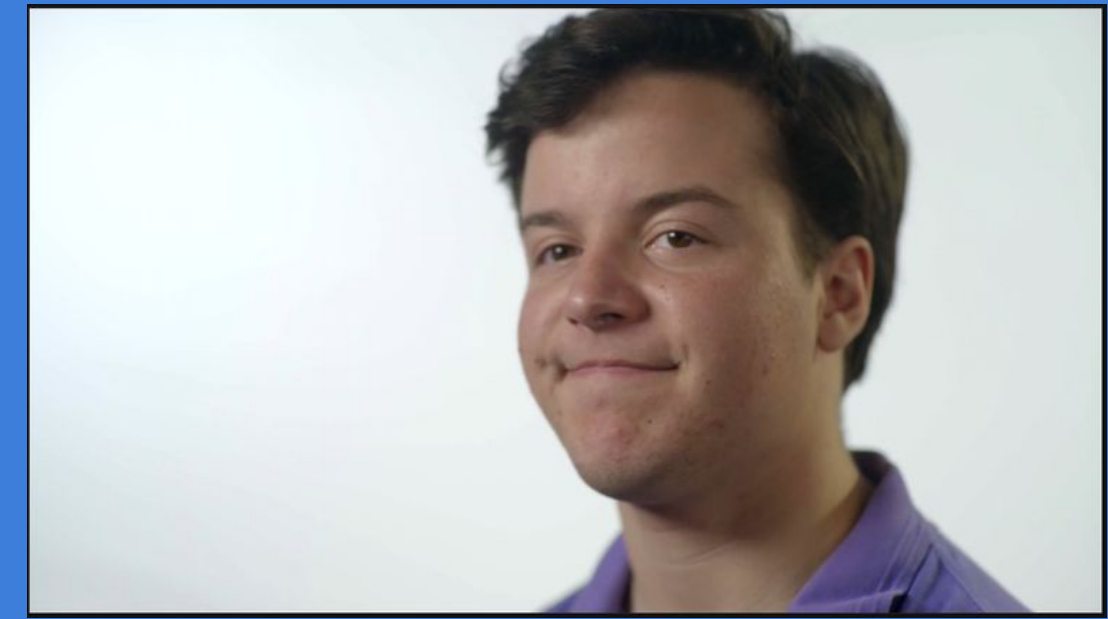
Stigma



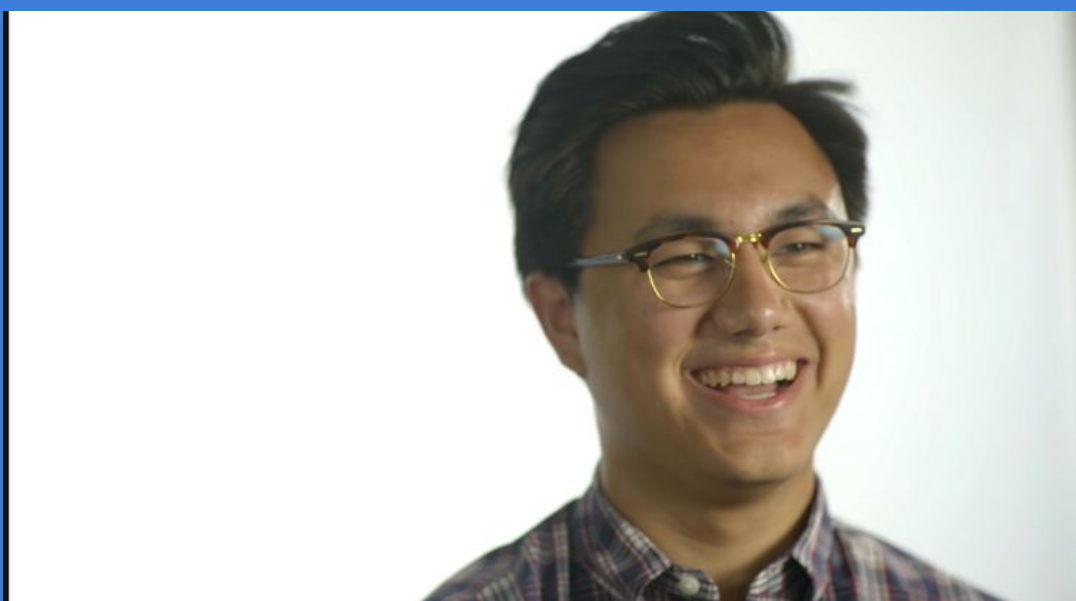
Stigma is the belief that if you share
that you need help, you will be
disrespected or disgraced



Stories



Using your Student Workbook
select a story or
multiple stories to **read** about
individually or in small groups.



The **goal** is to learn more about
each teen's experience
with depression



Follow Up Questions

- ▶ What was going on in their life when the teen experienced depression?
- ▶ Why was it so hard for the teen to talk about their depression?
- ▶ What self-care strategies did the teen use?
- ▶ Who did the teen seek support from?

If a friend at your
school felt depressed,
list two people (or
resources) that would
be trustworthy and
reliable?



Definitions

suicide

[/'su:isaid/]

noun

Suicide: death caused by self-directed injurious behavior with intent to die as a result of the behavior. (NIMH)

self-harm

[/'self-harm/]

noun

Self-Harm: when people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress. (NAMI)



What would
you do if a
friend was
feeling
suicidal and
turned to
you for help?

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 _____

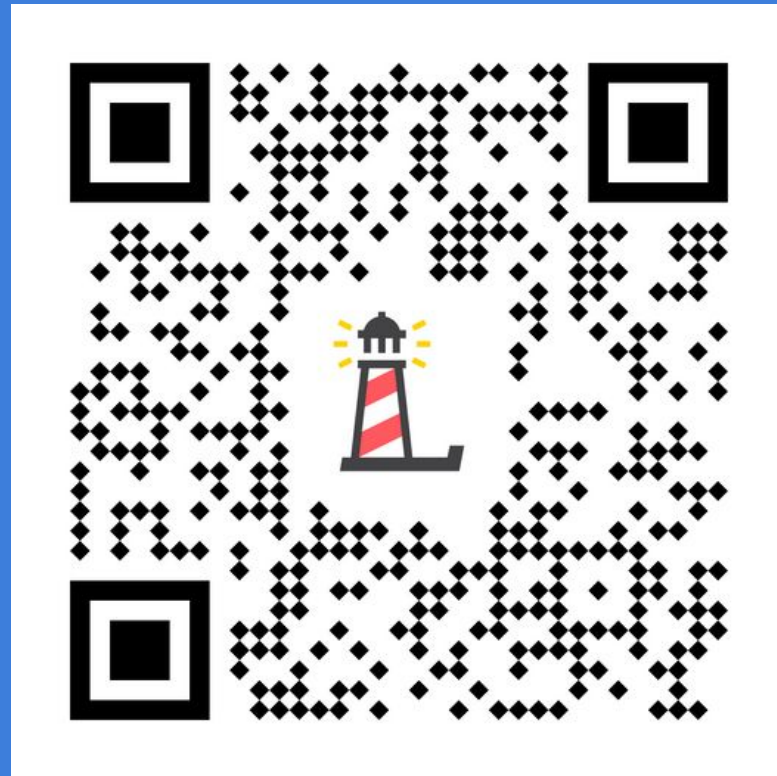
Teacher _____

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.

Scan the QR code to fill out a short survey.



Or follow this link:
<http://elhhspost.info/>



Por favor cuéntanos lo que has aprendido.

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**

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www.erikaslighthouse.org

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