



**Erika's
Lighthouse®**

Nivel III:

**Educación sobre la depresión y
conciencia sobre el suicidio**

LECCIÓN DOS



Definiciones

Estigma

sustantivo

Estigma: una marca de vergüenza asociada con una circunstancia, cualidad o persona en particular.

Auto cuidado

sustantivo

Auto cuidado: la práctica de emprender acciones para mejorar la propia salud. Esto incluye la salud física, social y emocional.

Para revisar

- ¿Quién puede definir el auto cuidado y compartir lo que hace para su auto cuidado?
- ¿Cuál es una señal de advertencia de depresión?
- ¿Cuál es una causa de la depresión?
- Nombra a un adulto de confianza en la escuela. ¿Cómo sabes que es un adulto de confianza?
- ¿Qué significa cuando un recurso es válido?
- ¿Qué significa cuando un recurso es confiable?



Video Parte #2 (10:43-12:22)



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Historias de los estudiantes

En sus grupos:

1. Lean la historia de su persona asignada.
2. Vayan a la estación asociada con esa persona.
3. Lean las preguntas y respóndanlas en la hoja
4. Estén preparados para compartir sus respuestas en la próxima lección.

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LESSON 2 STUDENT PACKET

MASON

Today you'll work in small groups and read more about one of the students from the video. In your small group, take turns reading aloud each part of your student's story. When you're finished reading, discuss the reflection questions posted on the wall and jot down your group's answers on the chart paper on the wall.

Step 1: Identify When You Need Help & Information

Step 2: Analyze the Validity of Help & Information

Step 3: Locate Valid Help & Information

Step 4: Make a Plan to Access Valid Help & Information

Step 5: Reflect

Health Skills Models: www.rmc.org/healthskills

MASON

Mason experienced depression and struggled with anxiety while in high school. He also learned that depression runs in his family. He found comfort in knowing his friends stood by him and never judged him for his depression. Mason shares how finding the right fit in a therapist and having a plan after hospitalization is important.

MASON 1

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MASON

2

nds were a big part in my return to being healthy, just helping 'hey weren't necessarily a support [that] I talked to about my it they were always there and never looked at me differently or

2

oing something that I love, 'hing because I'm having so laying sports or making puts me in a happy spot. t mindset where you're g in the outside world, ppening right there, and l, that's the happiest.

ught about how [suicide] would affect everyone. And r, I realized it would affect so many different people in about my close family, my sister, and how it wouldn't t for her entire life.

to find a plan for the future because usually when rest point. **When you're at your lowest point, you lthy again.** It's mainly to get that process started and nent after you get out of the hospital.

you're weak because you're going through that, but your fault, and two, that you're pretty strong that etty cool.

many more things in the future, I know how to I'm capable of doing a lot more than [I think] I'm th sailing, but that I know how to handle those

ke sure you keep up with friends and socialize ool life. School is important, but having out and talk to people is just as important as

g through what I had gone through, I would o them because they don't want to feel like they're o have someone to hang out with and do fun things with.

MASON 3

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Para cerrar

Hoy nosotros:



Aprendimos sobre el cuidado personal
y el estigma



Leímos historias sobre la experiencia de
diferentes personas con depresión y
trabajamos en grupos para procesar esas
historias.

*Hay preguntas de
extensión
opcionales en su
paquete.*

Los adultos de confianza válidos y confiables en nuestra escuela son:

988 LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS

Cualquier hora: Día. Noche. Fin de semana.

Cualquier motivo: Problemas de salud mental. Pensamientos suicidas.
Preocupación por un amigo o un ser querido. Querer apoyo emocional.

La línea **988** de prevención del Suicidio & Crisis está aquí para ti.
Llama o envía la palabra “AYUDA” al **988** | Charla **988lifeline.org** |
Para emergencias, llama al **911**.