



# Erika's Lighthouse

## All Staff Training - For Independent, Virtual Completion Mental Health, Depression Awareness & Suicide Prevention

This 2 hour training is intended to be completed individually. It is designed for schools implementing Erika's Lighthouse classroom education programming and ensuring staff are prepared to respond to students that may be experiencing a mental health issue.

### PART

#### 1

#### Signs & Symptoms of Depression & Suicide Video (15 min)

- Signs & Symptoms of Depression
- Signs & Symptoms of Suicide
- Shared Risk Factors & Warning Signs

### PART

#### 1.5

18 min

#### Individual Exercises

Watch the appropriate Erika's Lighthouse Classroom Education Video:  
Level I: We All Have Mental Health (grades 4-6)  
Level II: Depression Awareness (grades 5-9)  
Level III: Depression Education & Suicide Prevention (grades 8-12)

### PART

#### 2

#### Overview of Erika's Lighthouse Programs Video (20 min)

- Understanding Stigma
- Program Goals & Objectives
- Program Components & Shared Vocabulary

### PART

#### 2.5

15 min

#### Individual Exercises

- Review Warning Signs & Symptoms
- Complete Stigma Worksheet
- Review Mental Health Checklist

### PART

#### 3

#### Helping A Student Video (15 min)

- What if you are a Trusted Adult?
- Intervention Language for Educators, Being Sensitive & Trauma-Informed
- Following School Protocol & Being a Mandated Reporter

### PART

#### 3.5

10 min

#### Individual Exercises

- Review Intervention Language
- Review Classroom Accommodations
- Review Mandated Reporting Guidelines for your State

### PART

#### 4

#### Classroom Crisis Intervention (15 min)

- What is a Crisis & De-Escalation Strategies
- Assessing Suicide Risks
- Self-Care & Wellness

### PART

#### 5

#### Implementation in Your School (15 min) - *This component is the district/school's responsibility.*

#### Individual Exercises

- Review Your School's Internal Policy & Protocols

## [REGISTER & ACCESS TRAINING >](#)

Upon completion of this training individuals will receive a Certificate of Completion in their email.

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255.

If this is an emergency, please call 911.