



Lunch Table Education

PURPOSE //

- Spread awareness and education about depression
- Share hopeful messaging
- Educate students on ways to stay mentally healthy

OBJECTIVE //

- Create mental health awareness
- Reduce Stigma

INSTRUCTIONS //

Materials

- Table tents
- Scissors or paper cutter
- Card stock or heavier paper (optional)
- Bookmarks (optional)

Assembly

1. Print the table tents on card stock or heavier paper. This will help them stand up when you fold them. You can also print copies of our Teen Bookmarks on our Resource Portal at www.ErikasLighthouse.org.
2. Cut the table tents along the dotted line.
3. Fold the table tents along solid line.

Application

- Set up a table for educational information about depression somewhere in your school. Good locations for these would be in a cafeteria, teacher's lounge, nurse's office, or in the mental health professional's office.
- Place the table tents and bookmarks on the table to educate about depression.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



With the right kind of support and professional treatment, anyone can move on to live a healthy, happy and productive life.

Erika's Lighthouse



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not
alone*

**DEPRESSION IS COMMON, CAN
BE SERIOUS AND IS TREATABLE.**
IF YOU THINK YOU MAY HAVE DEPRESSION

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**GOOD MENTAL HEALTH IS FOR
EVERYONE.**

WE CAN ALL PRACTICE WAYS TO STAY MENTALLY HEALTHY. HERE'S HOW:

- Eight to ten hours of sleep per night
- Three nutritious meals per day
- Three or more days of exercise a week
- Avoid drugs and alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with favorite people
- Relaxation exercises, i.e., bubble bath, deep breathing, meditation, a walk in nature
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed

Scan for more
information on

teen
depression,



If you need to speak with someone
immediately, please text or call 988
If this is an emergency, please call 911

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GOOD MENTAL HEALTH

It's for everyone!

Good mental health is about creating a lifestyle of balance and reducing the impact of stress. We can all practice ways to stay mentally healthy

HERE ARE A FEW HELPFUL TIPS:

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Promote Good Mental Health
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