Give Voice to Suicide Prevention with Erika’s Lighthouse

September 8 - 14, 2024 is Suicide Prevention Week. Join us by taking part in the Give Voice Campaign.

Give Voice to Education
Give Voice to Help-Seeking
Give Voice to Positivity
Give Voice to Awareness
Give Voice to Yourself
Give Voice to Suicide Prevention

Monday
Give Voice to Education

Advocate for Education (pages 3-4): Advocate for your school to have curriculum about mental health. Schedule a meeting to show your school admin or decision-makers some of the free resources available from Erika’s Lighthouse. Prepare for that meeting using this helpful guide on how to go to that meeting ready to show them what is available!

Tuesday
Give Voice to Help-Seeking

Beacon of Hope Signs (pages 5-7): One of the biggest barriers to seeking help is not knowing who you can talk to. Ask teachers in your school if they are good trusted adults for students to come to. If they are, they can display a Beacon of Hope Sign on their door so students know they can come to them.

Wednesday
Give Voice to Positivity

Wall of Inspiration (pages 8-9): Be positive and create something that inspires your classmates. Dedicate a wall or notice board in the school to positive quotes and messaging that can help spread positivity throughout the school! Encourage other students to add to it and create an even more powerful Wall of Inspiration.

Thursday
Give Voice to Awareness

Follow the Footprints (pages 11-15): Not everyone may be aware of where they can go when they need to seek help. With the Follow the Footprints activity, make sure that everyone in the school is aware of where the counselor or social worker’s office is by showing the way step by step.

Friday
Give Voice to Yourself

Educate Peers and Teens Bookmarks (pages 16-18): Print out these Educational Bookmarks that you can keep with you. Have the bookmarks handy and available if you ever need to remind yourself that you are not alone, or to remind yourself of the signs and symptoms of depression. Pass these out so that everyone can have them to give voice to themselves.
Advocate for Education

PURPOSE //////////////////////////////////////////////////////////////////////////////////////////

- Advocacy and Leadership
- Students influence school leaders on why it is important to have mental health education for their students

OBJECTIVE //////////////////////////////////////////////////////////////////////////////////////////

- Advocacy is the process of taking action to address concerns in your community. Leadership is the process of listening, reflecting, and representing your community. Advocacy and leadership often go hand-in-hand and can be used effectively to accomplish a goal.

INSTRUCTIONS //////////////////////////////////////////////////////////////////////////////////////////

Materials

- Erika’s Lighthouse website
- Introduction to Erika’s Lighthouse Slide Show
- Slideshow (i.e. PowerPoint, Google Slides)
- Posterboard & markers - optional

Assembly

1. Check out Introduction to Erika’s Lighthouse Slide Show.
2. Work individually or with others to research Erika’s Lighthouse educational offerings.

Application

- Determine who in the school is a decision-maker when it comes to mental health education - This could include a health teacher, social worker, school counselor, and/or administrator such as a principal.
- Set up a meeting with this person.
- Complete the Worksheet prior to your meeting, to make sure you are prepared with all the necessary information.
- Prepare for the meeting by putting together a slideshow, poster and/or notes to share about why you believe it would be beneficial for your school to use Erika’s Lighthouse education program.

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

@ErikasLH
@ErikasLH
erikas.lighthouse
@Erika's Lighthouse

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What programs does Erika's Lighthouse offer to schools?

Cost of program(s):
Length of program(s):
Goals of the program(s):

Why is this program important for your school to use?

What are your three main talking points to get across in your meeting?
1.
2.
3.
Beacon of Hope Signs

INSTRUCTIONS

Materials
- Lighthouse Printouts
- Beacon of Hope Poster
- Pens or Markers
- Scissors
- Tape

Assembly
1. Print and cut the lighthouse printouts into sixths

Application
- Allow teachers or staff to participate in the Beacon of Hope Program by providing them with a lighthouse.
- Have them write their name in the box under the lighthouse.
- Explain that this will indicate to students that they are a beacon of hope and they are someone to go to if they ever need help for themselves or a friend.
- For an additional boost, consider ways to further educate your teachers and school staff about teen depression and good mental health.

PURPOSE
- Create awareness of where to find a trusted adult
- Promote help seeking
- Build trust among students and school staff

OBJECTIVE
- For students to identify trusted adults in the building that are there to listen and support them when needed

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Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:
A teacher or staff with a lighthouse on their door is a Beacon of Hope for good mental health.

If you are concerned about yourself or a friend, talk to one of these trusted adults.

For more information about mental health check out erikaslighthouse.org
INSTRUCTIONS

Materials
- Large Index Cards or Construction Paper
- Markers or Pens
- Tape or Thumb Tacks

Assembly
1. Choose a positive theme for students to write about. For example, inspirational quotes, notes of gratitude, words of affirmation
2. You can have students write on large index cards, or have them cut out designs on construction paper. You can theme these designs for different times of year. Hearts for February, Shamrocks for March, Pumpkins for October, Turkeys for November, etc.

APPLICATION

- Post all of the quotes on a wall/bulletin board for the school to see.
- Involve the whole school if you can! Set up a table to have students do this when they walk by, or see if you can have students write during homeroom.

PURPOSE

- Spread Positivity
- Share inspirational quotes

OBJECTIVE

- For students to read inspirational and motivational quotes when they walk through a hallway or see a classroom

Let us know how the activity goes!
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PURPOSE

- Educate students about teen depression
- Spread awareness of how to help a friend
- Lead students to a trusted adult/mental health professional (school counselor, social worker, nurse, etc.)

INSTRUCTIONS

Materials

- Instruction poster
- Fact footprints
- Mental health professional footprint Blank footprint
- Tape
- Scissors (optional)

Assembly

1. Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
2. You can cut out the fact footprints or leave them as a whole sheet of paper.

Application

- Attach the Fact Foot prints to the walls leading to the mental health professional's office.
- Attach the mental health professional foot print to the door to their office. The mental health professional may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

Let us know how the activity goes!
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@ErikasLH @ErikasLH erikas.lighthouse @Erika's Lighthouse
Have you seen the footprints around the school?

Follow the Footprints
to learn more about depression and get to
know your school's mental health staff!
For more information on mental health, check out www.ErikasLighthouse.org

Erika’s Lighthouse
Did you know ...

Healthy lifestyle choices can alleviate symptoms of depression. These include physical activity, good nutrition, and adequate sleep.

For more information on mental health, check out www.ErikasLighthouse.org
Did you know ...

Treatment for depression is available and effective, but more than 80% of people suffering from depression never receive treatment due to stigma.

For more information on mental health, check out www.ErikasLighthouse.org
Did you know ...

The best way to help a friend is to communicate:
1) The changes that you have noticed.
2) That you care.
3) Ask how you can help them take action toward seeking help.

For more information on mental health, check out www.ErikasLighthouse.org
Educate Peers and Teens - Bookmarks

PURPOSE

- Share educational information about mental health
- Promote help-seeking
- Help students identify where to go for help

INSTRUCTIONS

Materials
- Printed bookmark
- Scissors

Application
- Distribute the bookmarks at the beginning of a semester or anytime to help students mark a spot in their books and have education at their fingertips to seek support, practice good mental health and understanding the warning signs.

Assembly
1. Customize the bookmarks for your school.
2. Print them out two-sided.
3. Cut them.

Let us know how the activity goes!
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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:

- Ask for help and support when needed
- Maintain reasonable expectations and boundaries
- Relaxation exercise, i.e., bubble bath, deep breathing
- Take care of your physical health
- Spend time with your favorite people
- Engage in activities that bring happiness
- Three or more days of exercise a week
- Three nutritious meals per day
- Three hours of sleep per night
- Avoid drugs or alcohol
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Thank you for helping to Give Voice to Suicide Prevention with Erika’s Lighthouse

If you took part in this year’s Give Voice Campaign, we would love to know. Erika’s Lighthouse programs and resources are all completely free to the schools that use us. Tracking our impact is very important, so please report your impact by clicking this link or scanning the QR Code below. You can find the Give Voice Campaign under schoolwide Campaigns in the General Initiatives section of the form.