

Mental Health & Depression Education Curriculum



Requirements	Level I (grades 4-6)	Level II (grades 5-9)	Level III (grades 8-12)	Optional Program Additions	Staff Training
Mental health, depression education and/or suicide prevention education for students	✓	✓	✓	✓	
Mental health, depression education, and/or suicide prevention training/education for staff				✓	✓

Implementation

Action	Resource(s)	Location on the Erika's Lighthouse Resource Portal
Teach the Erika's Lighthouse Curriculum	Level I, Level II, and/or Level III (Full 4-day lesson or 1-day lesson)	Under "Classroom Education"
Empower staff through education	Staff Training modules	Under "School Policy & Staff Development"
Optional: Add additional worksheets or resources	Quick add-ins for deeper dive	Under "Optional Program Additions"



Erika's Lighthouse Level I, II, and III Classroom Programs are listed on the [Best Practices Registry](#) from the Suicide Prevention Resource Center.