



# SB 224

## Mental Health Education in Health Classrooms



Erika's  
Lighthouse®

Requirements	Level I (grades 4-6)	Level II (grades 5-9)	Level III (grades 8-12)	Optional Program Additions	Educator Created Content
Themes and core principles of mental health	✓	✓	✓	✓	✓
Defining Signs and Symptoms of Common Mental Health Disorders		✓	✓	✓	✓
Evidence-Based services and supports	✓	✓	✓	✓	
Promoting Mental Health Wellness	✓	✓	✓	✓	✓
How to Seek Help from Professionals and Services	✓	✓	✓	✓	
How to address Mental Health Stigma	✓	✓	✓	✓	✓
Mental Health Challenges across populations	✓	✓	✓	✓	✓



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



# California SB 224

## Mental Health Education in Health Classrooms



## Implementation

Action	Resource	Location on Resource Portal
Teach the Erika's Lighthouse Curriculum	1-4 Day Lessons for grades 4-12	Under "Classroom Education"
Optional: Add additional worksheets or resources	Quick add-ins for deeper dive	Under "Optional Program Additions"
Optional: Leverage schoolwide resources to reinforce messaging	Schoolwide Campaigns around mental health	Under "Awareness into Action Activities"
Optional: Educate students about other mental illnesses	1-Day Lesson: The Face of Mental Illness by: Melanie Lynch	Under "Strategic Partners" - Educator Created Content