



FOR IMMEDIATE RELEASE

**THE “WE’RE IN THIS TOGETHER” CAMPAIGN FROM
ERIKA’S LIGHTHOUSE PROVIDES RESOURCES FOR TEENS WHO FEEL
ISOLATED AND ALONE DURING THIS UNPRECEDENTED HEALTH
CRISIS**

Provides practical and meaningful tools to support teens through uncertain times

March 24, 2020 – Winnetka, Ill. – [Erika’s Lighthouse](http://www.erikaslighthouse.org), a non-profit organization that is dedicated to educating and raising awareness about adolescent depression, encouraging good mental health, and breaking down the stigma surrounding mental health issues, is launching the “We’re In This Together” campaign to empower teens who feel isolated and alone during this unprecedented health crisis. It provides practical, meaningful tools to support teens through these uncertain times when many people around the world are self-isolating. These resources are available at www.erikaslighthouse.org/together.

“We understand that teenage depression thrives in isolation. It feeds on silence. It lives in the darkness. That’s why we’re dedicated to light, to conversation, and to community,” said Brandon M. Combs, the executive director of Erika’s Lighthouse. “Our teens need us now more than ever to be there for them. We are committed to staying vigilant in offering trusted adults the support that they need and teens to know they are not alone. You too, can help make this happen.”

Resources for [teens](#) include a depression toolbox, which lets them know that hope and help is possible and it all starts with education on the topic. Teens also have access to apps for positive mental health and educational videos. [Educators](#) will have access to the Erika’s Lighthouse depression awareness and suicide prevention programming for middle and high school students, e-learning exercises, and other tips and strategies for supporting their student’s mental health when they are not in the classroom. [Parents](#) have access to fun family activities that promote conversation and positive mental health, games to entertain and educate and educational tools to help parents understand their teens during these difficult times.

Erika’s Lighthouse is A Beacon of Hope for Adolescent Depression and develops and provides free teen depression awareness programs and resources to middle school and high school communities around the country. Erika’s Lighthouse continues to make improvements and make it easier for school partners to access its programs and resources. Erika’s Lighthouse free depression education program has impacted more than 185,000 students since the beginning of the 2019 school year.

More information on bringing Erika’s Lighthouse programs to middle schools and high schools is available at www.erikaslighthouse.org/contact/.

About Erika’s Lighthouse

Erika’s Lighthouse: A Beacon of Hope for Adolescent Depression is a non-profit organization committed to raising awareness about teen depression in middle school and high school communities at no cost to schools. Erika’s Lighthouse works to eliminate the stigma surrounding depression and empower young people to take ownership of their mental health. Core programs include the video-based, teacher-led

depression awareness classroom programs—The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students and The Erika's Lighthouse Program: Depression Awareness for Middle School Students. Erika's Lighthouse also provides countless other web-based resources. To learn more, visit www.erikaslighthouse.org.

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