

# Ghostbuster Poster



## PURPOSE //

- Create awareness of the stigma that surrounds depression and mental health
- Educate students on how to reduce the stigma around depression
- Encourage conversations around mental health topics

## OBJECTIVE //

- Reduce stigma
- Share stigma and depression education

## INSTRUCTIONS //

### Materials

- Ghostbusters Poster (see next page)

### Application

- Hang posters around the building during halloween season

### Assembly

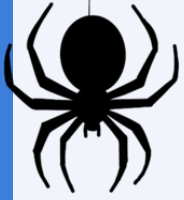
1. Print out the Ghostbusters poster
2. Hang up in high traffic areas around school

**Let us know how the activity goes!**

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



Contact [Nathalia@ErikasLighthouse.org](mailto:Nathalia@ErikasLighthouse.org) for more information



Depression is nothing to be ashamed of. It is caused by genetic, biological, social and environmental factors. Seeking help for depression is a sign of strength.



Unfortunately, many people have negative or inaccurate views of people with depression.

**THIS IS CALLED STIGMA**

**YOU CAN HELP FIGHT THE STIGMA AROUND DEPRESSION BY:**

- Educating yourself about depression
- Listening non-judgmentally when someone talks about their depression
- Remembering that depression is only one small part of a person, it doesn't define them



*Happy Halloween*

from the Erika's Lighthouse club, your mental health Stigma (Ghost) Busters!



Erika's Lighthouse®

For more information on teen depression, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)