



**Erika's
Lighthouse[®]**

Level III:

**Depression Education &
Suicide Awareness**

LESSON TWO

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**ERIKKA'S
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Definitions

stigma

[/'stigma/]

noun

Stigma: a mark of shame associated with a particular circumstance, quality or person

self-care

[/'self kair/]

noun

Self-Care: the practice of taking action to improve one's health. This includes physical, social and emotional health

Review Prompts

- Who can define self-care and share what they do for self-care?
- What is a warning sign of depression?
- What is a cause of depression?
- Name a trusted adult in the school. How do you know they are a trusted adult?
- What does it mean when a resource is valid?
- What does it mean when a resource is reliable?

Video Part #2 (10:43-12:22)



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Student Stories

In your groups:

- Read the story of your assigned person.
- Go to the station associated with that person.
- Read the questions and answer them on the chart paper.
- Be prepared to share out your answers in the next lesson.

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LESSON 2 STUDENT PACKET

MASON

Today you'll work in small groups and read more about one of the students from the video. In your small group, take turns reading aloud each part of your student's story. When you're finished reading, discuss the reflection questions posted on the wall and jot down your group's answers on the chart paper on the wall.

Step 1: Identify When You Need Help & Information


Step 2: Analyze the Validity of Help & Information

Step 3: Locate Valid Help & Information

Step 4: Make a Plan to Access Valid Help & Information

Step 5: Reflect

Health Skills Models: www.rmc.org/healthskills



MASON

Mason experienced depression and struggled with anxiety while in high school. He also learned that depression runs in his family. He found comfort in knowing his friends stood by him and never judged him for his depression. Mason shares how finding the right fit in a therapist and having a plan after hospitalization is important.

MASON 1

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MASON

part in my return to being healthy, just helping
necessarily a support [that] I talked to about my
ays there and never looked at me differently or

2

that I love,
m having so
r making
ppy spot.
e you're
e world,
here, and
piest.

[suicide] would affect everyone. And
ould affect so many different people in
family, my sister, and how it wouldn't
life.

or the future because usually when
n you're at your lowest point, you
mainly to get that process started and
get out of the hospital.

ecause you're going through that, but
two, that you're pretty strong that

gs in the future, I know how to
doing a lot more than [I think] I'm
hat I know how to handle those

ep up with friends and socialize
is important, but having
get out and talk to people is just as important as

say treat them how you've always treated them because they don't want to feel like they're
any different. Don't feel like you have to be a therapist to them, they just want you to be
there as a friend, to have someone to hang out with and do fun things with.

MASON 3

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Closure

Today we:



Learned about self-care and stigma



Read stories about different peoples' experience with depression and worked in groups to process those stories

There are optional extension questions in your packet.

The valid and reliable trusted adults in our school are:

988 SUICIDE & CRISIS
LIFELINE

Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Thoughts of suicide.

Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.

Text or Call **988** | Chat **988lifeline.org** |

For emergencies, call **911**

www.erikaslighthouse.org

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