

Level III:

Depression Education & Suicide Awareness

**LESSON TWO** 

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## Definitions

# stigma/] [/'stigma/] noun

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

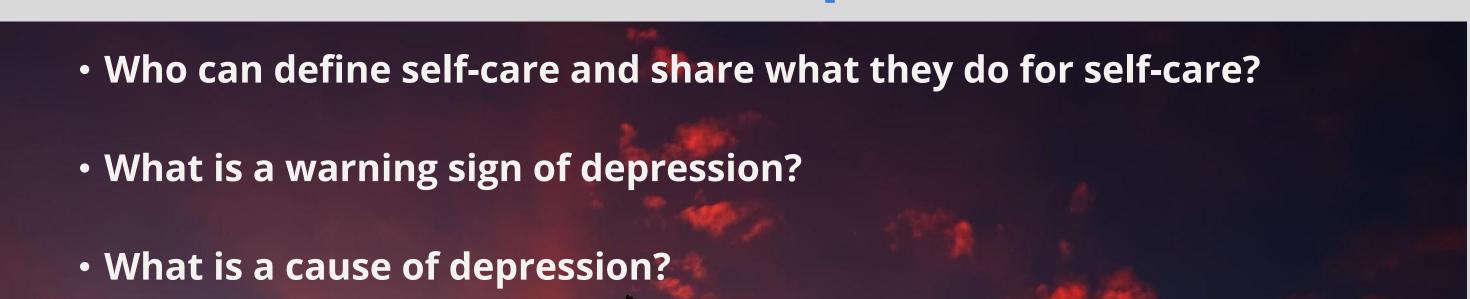
# self-care

[/'self kair/]

noun

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

## **Review Prompts**



- 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.

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.



Help 8

Health Skills Models: www.rmc.org/healthskills

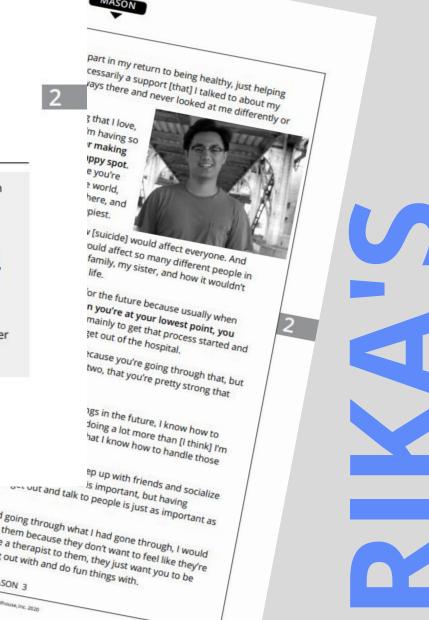
MASON 1

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Validity of Help

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.



r making ppy spot. e you're world. here, and

ould affect so many different people in

n you're at your lowest point, you

Joing a lot more than [I think] I'm

would recommend if I had a friend going through what I had gone through, I would say treat them how you've always treated them because they don't want to feel like unit have to be a theranict to them, they just want you to be say treat them how you've always treated them because they don't want to reel like they re any different. Don't feel like you have to be a therapist to them, they just want you to be they are a friend to have comeone to have out with and do fin things with any omerent. Don't reel like you have to be a therapist to them, they just want there as a friend, to have someone to hang out with and do fun things with.

# 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

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**