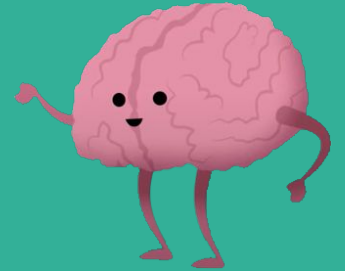
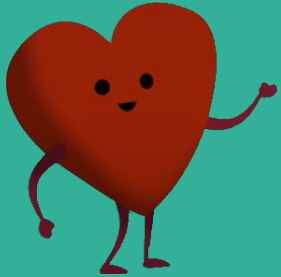


Lesson 3:  
We All Have  
Mental Health

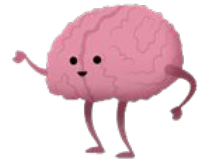


Erika's Lighthouse®

*To edit/customize this slideshow, please make a copy.*



Where you are on the  
feeling thermometer?



**How are you  
feeling today?**



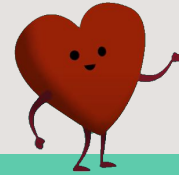
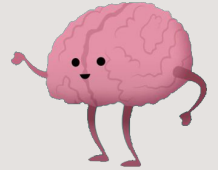


**Anna Freud**  
National Centre for  
Children and Families

We all have mental health

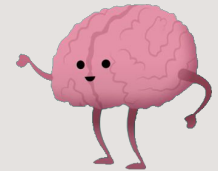


If you are concerned about yourself or a friend, talk to a **Trusted Adult** - someone who is reliable and dependable.

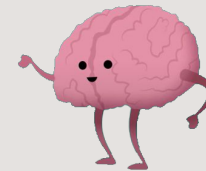




What does each characteristic look like in an adult?

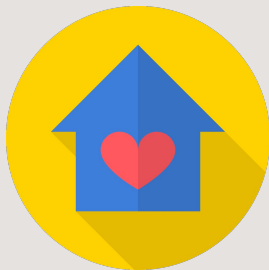


Reliable - Dependable - Trustworthy

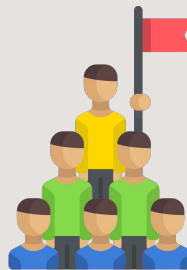


# Who are they?

Identify Trusted Adults at:



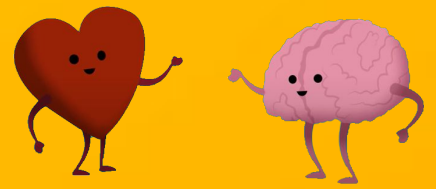
HOME



COMMUNITY



SCHOOL



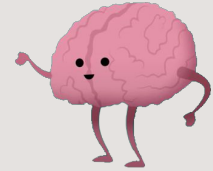
What would you do?

What would you say?



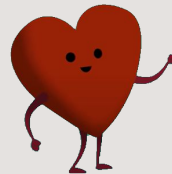
Sometimes people feel ashamed to ask for help.

# How do you ask for help?



Tell a Trusted Adult:

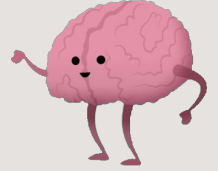
- How you **Feel**
- What you've **Tried**
- What they can do to **Help**





Sometimes people feel ashamed to ask for help.

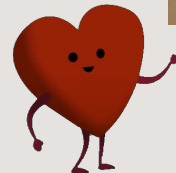
# How do you help a friend?

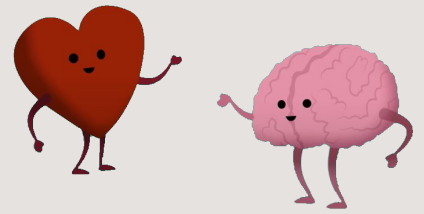


Tell them:

- I've noticed changes in you.
- I care for you.
- How can I help you?

Be a good friend by listening, showing you care and helping them find help.





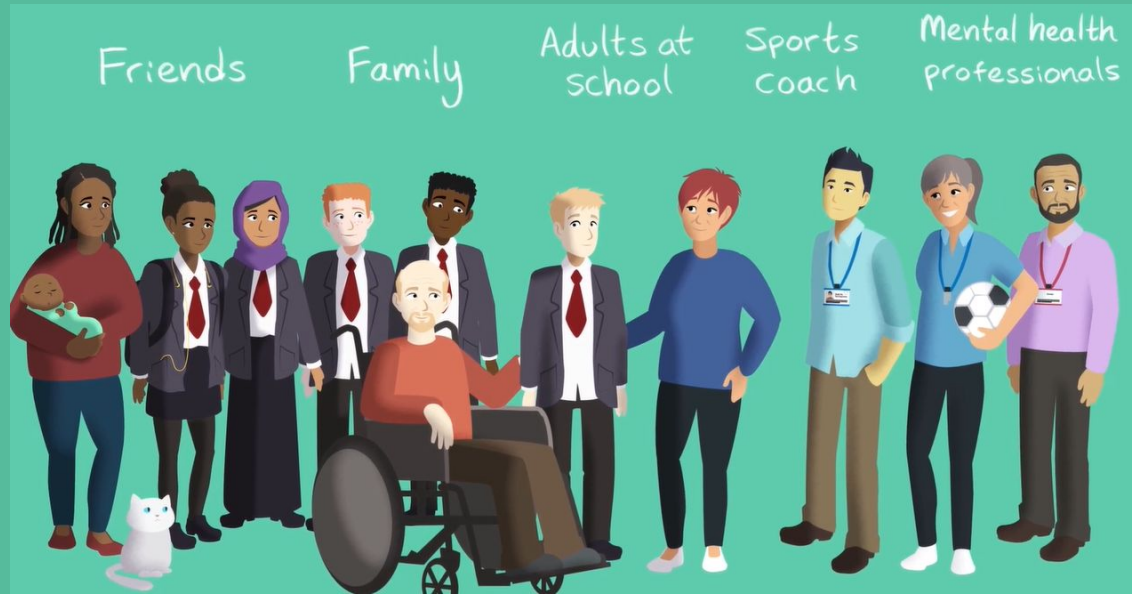
- Plan & perform a role play of one of the scenarios.
- You can add characters & details to make it more interesting and realistic!

# Resources

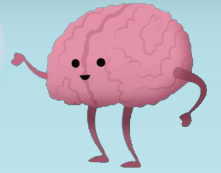


# Where can I learn more?

What other valid and reliable people, resources or information can you access to learn more about mental health?



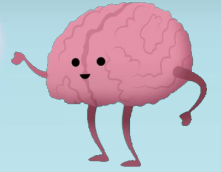
If you or a friend need immediate support,  
talk to an adult or dial 911.



**Who can you talk to in your school? Where can  
you find them?**



If you or a friend need immediate support,  
talk to an adult or dial 911.



→ 988 Suicide and Crisis Lifeline

**988**

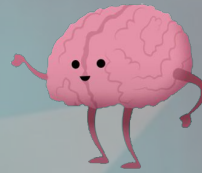
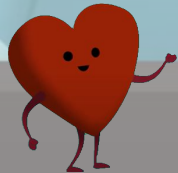
Text or Call





## ***Stigma***

A mark of shame associated with a particular circumstance, quality, or person.



**HEY  
CAN I  
HELP?**

**I  
LOVE YOU  
NO MATTER  
WHAT**

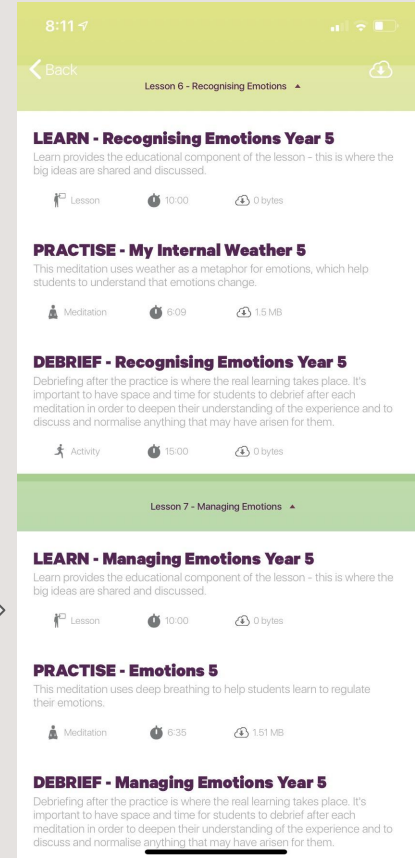
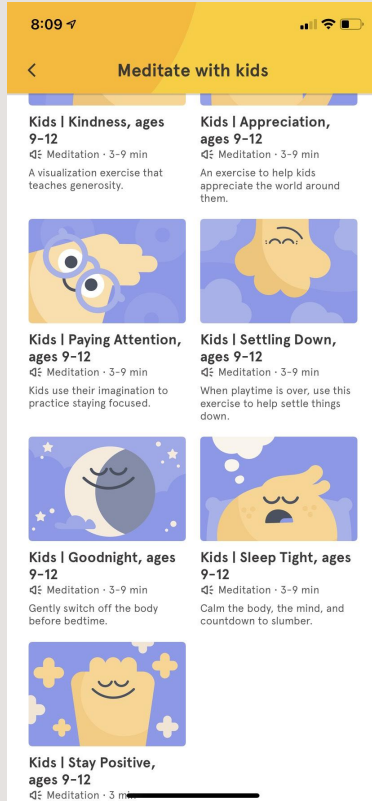
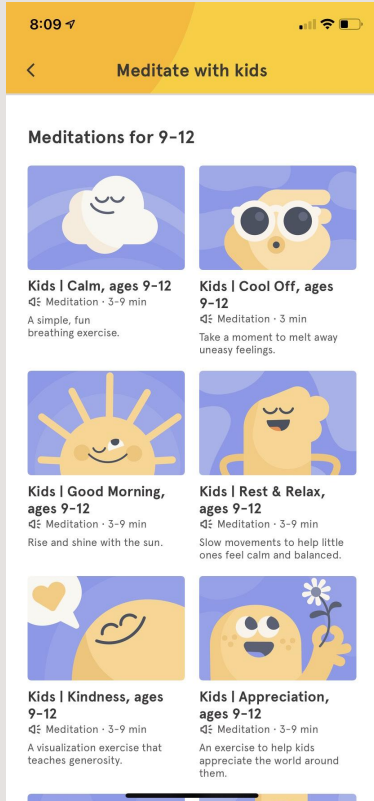
**YOU ARE  
NOT ALONE  
IN THIS**

**I'M  
HERE  
TO  
LISTEN**

We can help to get  
rid of STIGMA



# Community / Classwide Meditation



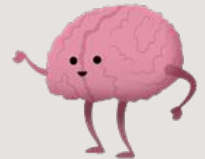
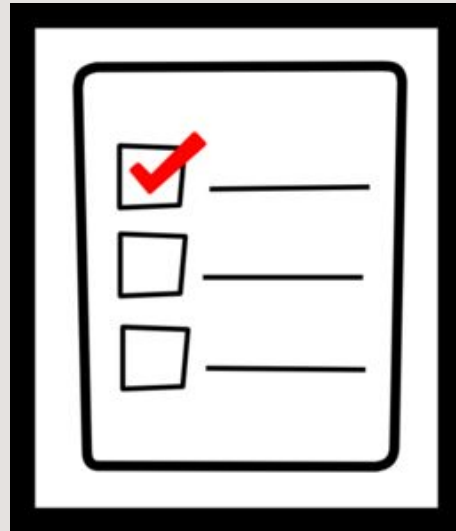
Help is available!



# Create a 3-word summary!

Think about what we've learned today about getting help for overwhelming feelings.

Using EXACTLY three words, give some advice related to what you've learned.



# EXIT TICKET time!

**EXIT TICKET**

**Please fill out the ENTIRE card, fold it in half and turn it in to your teacher.**

Name \_\_\_\_\_

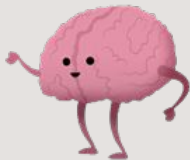
Teacher \_\_\_\_\_

**After learning about mental health,**

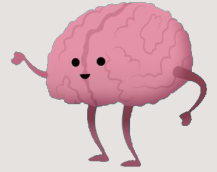
- I **would like** to talk to a mental health worker **very soon**.
- I **would like** to talk to a mental health worker **sometime this week**.
- I **do not need to talk to a mental health worker** now, but if/when I do, I will reach out to \_\_\_\_\_.



Next time...you'll SHOW WHAT YOU KNOW about mental health!

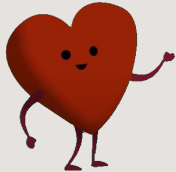


Please complete a short survey:



<http://elhrl.info>

For more information  
visit us online at  
**ErikasLighthouse.org**

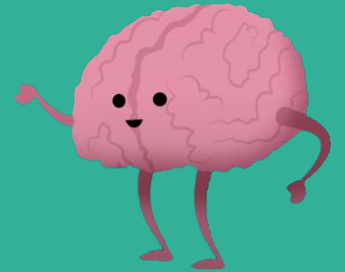
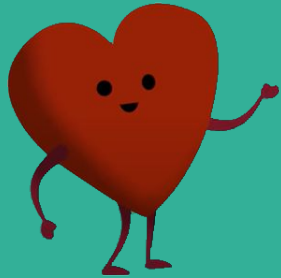


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National Centre for  
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# Level I: We All Have Mental Health



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