



**Erika's
Lighthouse®**

Level III:

**Depression Education &
Suicide Awareness**

ONE-DAY LESSON

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**ERIKA'S
LIGHTHOUSE**

Erika's Lighthouse Overview

This program was inspired by a young person named Erika. Erika was a bright light who, sadly, lost her battle with depression in 2004, at age 14.

Erika's Lighthouse was founded in her honor and is **dedicated to helping other young people learn about depression and overcome the stigma surrounding mental health disorders.**



Erika's Lighthouse

You will...

Define that depression is a common mood disorder with specific changes in moods, thoughts, and behaviors

Explain that there is not one reason someone has depression

Recognize that depression can get better and you can find support

Explain that good self-care is a key piece to managing depression

Describe that self-harm and suicidal thoughts are symptoms of depression that we must take very seriously



The Video





Discussion



What are some of the signs and symptoms of depression?


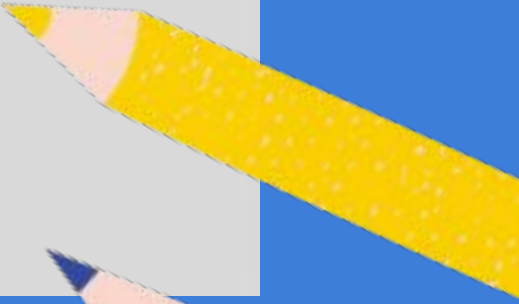




Symptoms

- ① Depressed mood, sadness or irritability
- ① Loss of interest or pleasure in activities
- ① Change in weight or appetite
- ① Change in sleep
- ① Feeling sped up or slowed down
- ① Fatigue or loss of energy
- ① Feelings of worthlessness or guilt
- ① Trouble concentrating or making decisions
- ① Thoughts of death or acts of self-harm

*5 symptoms present
most of every day
for at least 2 weeks*





Discussion

What is Stigma?

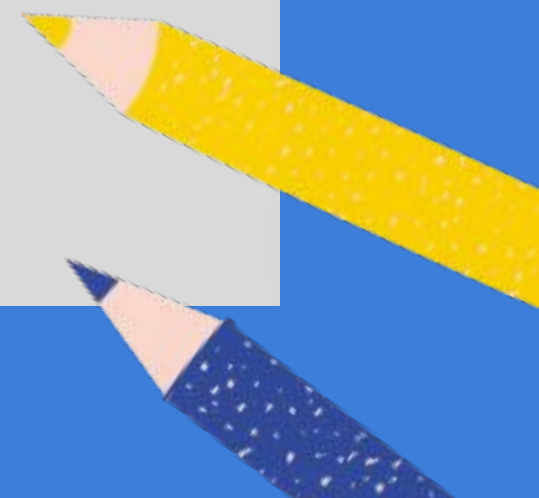
What are examples of stigma that some of the teens in the video experienced?





Stigma

Stigma is the belief that if you share that you need help, you will be disrespected or disgraced





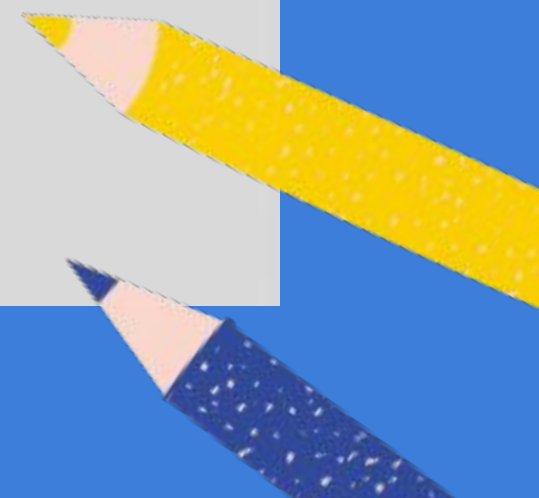
Stories

Select a story or multiple stories to read individually or in small groups.

Goal = to learn more about each teen's experience with depression

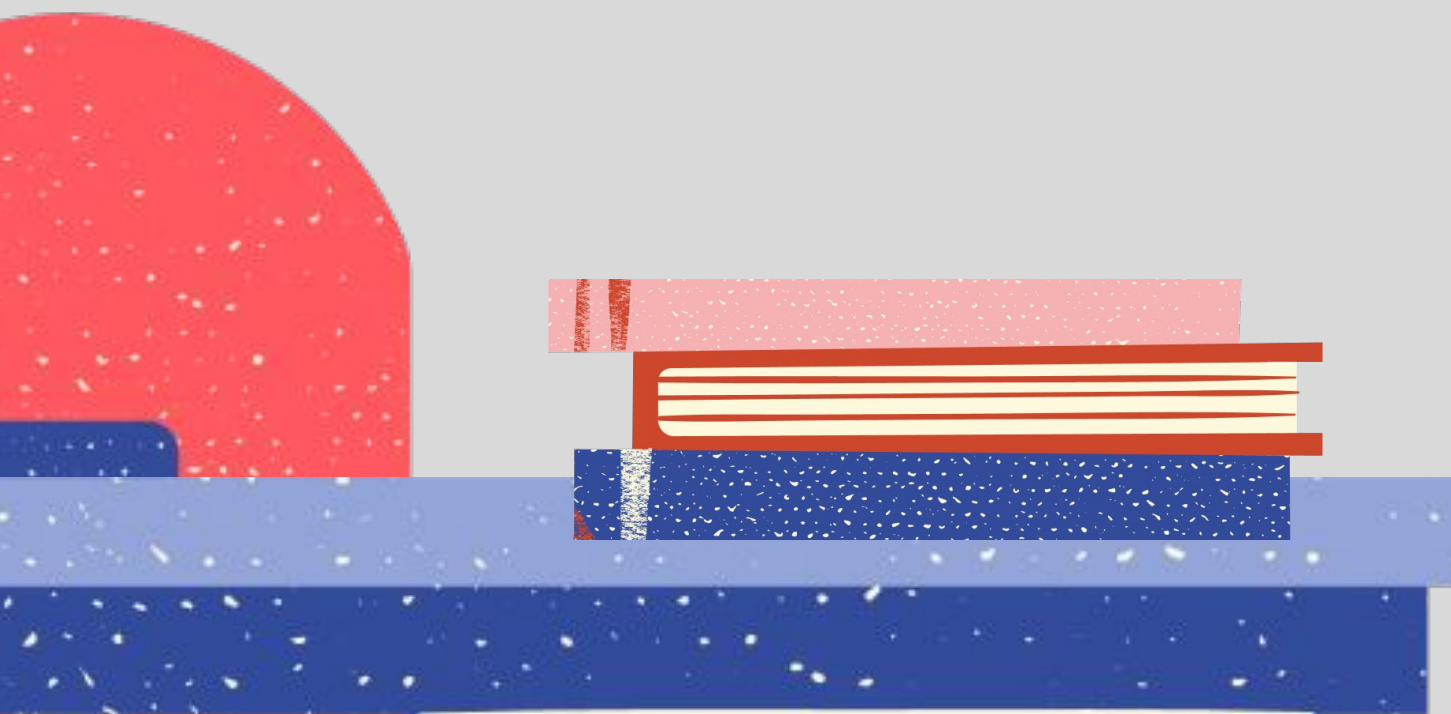


Follow up Questions

- ① What was going on in their life when the teen experienced depression?
 - ① Why was it so hard for the teen to talk about their depression?
 - ① What self-care strategies did the teen use?
 - ① Who did the teen seek support from?
- 



If a friend at your school felt depressed, list two people (or resources) that would be trustworthy and reliable?



Definitions

suicide

[/'su:isaɪd/]

noun

Suicide: death caused by self-directed injurious behavior with intent to die as a result of the behavior. (NIMH)

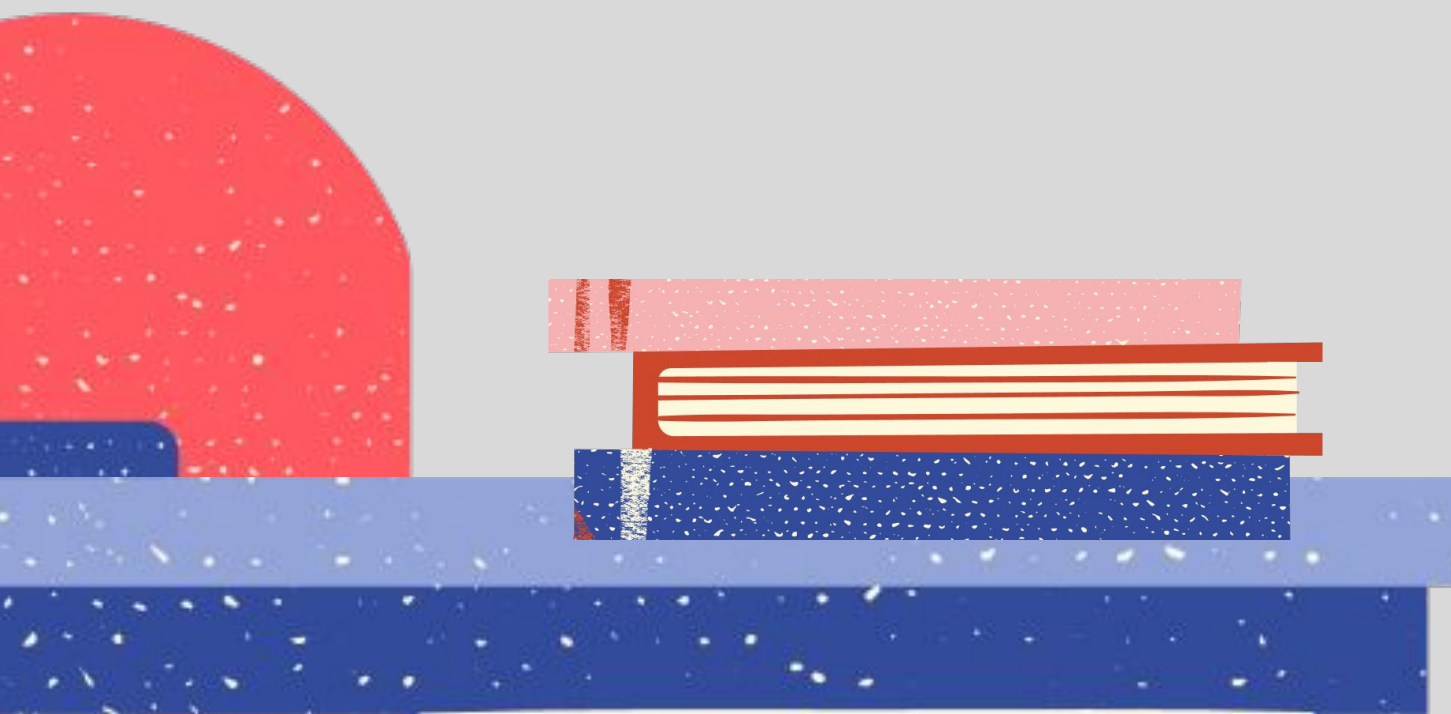
self-harm

[/'self harm/]

noun

Self-Harm: when people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress. (NAMI)

**What would you do if a friend
was feeling suicidal and
turned to you for help?**



Self-Referral Cards

SELF-REFERRAL CARD

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

Name _____

Classroom

Teacher _____

Period _____

After hearing the presentation,

- I **would like** to talk to a mental health worker in the **next 24 hours**.
- I **would like** to talk to a mental health worker in the **next week**.
- I **would not like** to talk to a mental health worker.



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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