

TEN ADVANTAGES

of Erika's Lighthouse



Erika's Lighthouse
A Beacon of Hope for Adolescent Depression®

Our programs can work in every school community.

- 1 Wraparound Programming**
We don't just offer a standalone curriculum, we believe in impacting the whole school by promoting inclusive school cultures through our four pillars of programs - Classroom Education, Teen Empowerment, Family Engagement and School Policy & Staff.
- 2 Real Teens, Real Empowerment**
We believe that the voices of real teens telling their real stories can make the difference. Our diverse, authentic videos speak directly to each and every teen in a classroom.
- 3 Skills-Based**
Our programs do not just impact a point in time for students that may be experiencing mental illness. They are designed to teach students the life skills they need to find information and seek help if they experience a mental health issue one year, two years or even ten years later.
- 4 Depression is Relatable**
We believe that more upstream approaches to school mental health make the difference. Our programs reach more students by talking about depression, a common, yet serious, mood disorder that acts as an entry conversation for mental health and suicide prevention.
- 5 Self-Referral Empowers Teens**
Our program uses self-referral cards that encourage teens to take control of their mental health by asking for help for themselves or a friend. When empowered and supported - the teens can make the best decisions for themselves.
- 6 Impacting Every Stakeholder**
We strive to positively impact every stakeholder in a school community - students, staff and families. By offering everyone a common vocabulary, universal handouts and easy to use language, schools can normalize conversations around mental health.
- 7 One-on-One Support**
We provide individualized support for educators, counselors, social workers and other school personnel to meaningfully implement our programs in districts, schools or classrooms.
- 8 Turn-Key**
We make talking about mental health easy. All of our resources are designed to be ready to use by any student, educator or family member that needs them.
- 9 Customizable Resources**
We want our information and resources to be meaningful to every stakeholder - students, staff and families. Our curricula is adaptable with one to four day lessons and over 70% of our resources can be customized with school logos, specific names of individuals and more.
- 10 No Cost - Always**
Our resources and the support we offer to help implement them will always be available at no cost to schools.

Learn more at www.ErikasLighthouse.org