



Every student deserves good mental health.

Designed for Schools

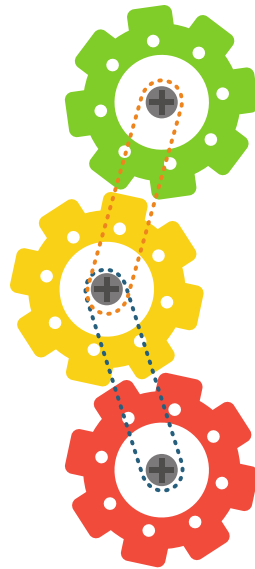
Erika's Lighthouse partners with schools to foster meaningful dialogue around mental health with free, turn-key, comprehensive, universal programs impact every student.

Erika's Lighthouse programs work to:

- promote positive school climates, using mental health as a focal point.
- establish a shared vision, values and vocabulary around mental health.
- bridge SEL and mental health through practice and education.
- build school connectedness by normalizing conversations and promoting help-seeking.
- shift school mental health from crisis to prevention and empowerment.

Classroom Education

Lesson plans for grades 4-12, all with a strong focus on help-seeking and good mental health.



We All Have Mental Health

Level I: *Ideal for grades 4-6*

An introduction to mental health through everyday feelings vs overwhelming feelings.

Depression Awareness

Level II: *Ideal for grades 5-9*

An introduction to depression with real stories of real teens.

Depression Education & Suicide Awareness

Level III: *Ideal for grades 8-12*

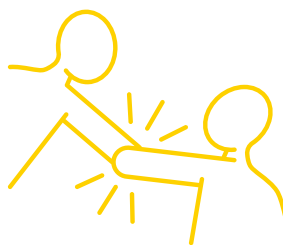
A deeper discussion about depression and suicide with real teens.

Family Engagement



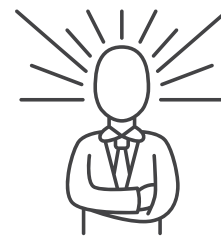
Programs and resources for families to be partners in mental health.

Empowerment Club



Good mental health clubs to empower young people to start conversations.

Policy & Staff Training



Staff training, well-being activities and more for a positive climate.

All Erika's Lighthouse programs can be used independently or together, seamlessly.



Access these FREE, donor-funded programs online at
www.ErikasLighthouse.org/Portal