

# Mental Health Awareness Week



## Materials

- Green Ribbon
- Safety Pins

## Assembly

- Students can get to know one another while creating the ribbons.
- You can distribute the ribbons to the whole school.

## Application

- The month of October has lots of opportunities to spread the message of good mental health.
- Mental Health Awareness Week is the first week in October.
- World Mental Health Day is October 10th.

Let us know how the activity goes & send photos to [ilana@erikaslighthouse.org](mailto:ilana@erikaslighthouse.org)

For more information on teen depression, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



**Erika's Lighthouse**