



Erika's Lighthouse

TEXT FROM A FRIEND INSTRUCTIONS

This exercise is designed to help students decide if a friend is suicidal and in need of immediate help.

Have a brief discussion about what a “red flag” might be, emphasizing that the term is used as a sign that something is not right. Write the symptoms of depression on the board:

Five or more of these symptoms must be present most of the day for at least two weeks:

- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

Tell students you are going to read them a text exchange between two friends (or have two students volunteer to read). As you click through the PowerPoint, each text and response will appear. Ask students to raise their hand when they recognize a symptom (or a “red flag”) of depression. Make note of when students have raised their hands so that the class can discuss the observations when you have completed the text exchange.