

Apps for Mental Health Bulletin Board Instructions and Templates

Materials

- Paper
- Printer
- Thumb Tacks

Assembly

- Print page 3 of this activity.
- Have students draw their favorite mental health app that they can share with others.

Application

- Post all of the apps that the students drew to share with school.

Let us know how the activity goes & send photos to
ilana@erikaslighthouse.org

For more information on teen depression, check out
www.ErikasLighthouse.org



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Can your phone help you take care of your mental health?



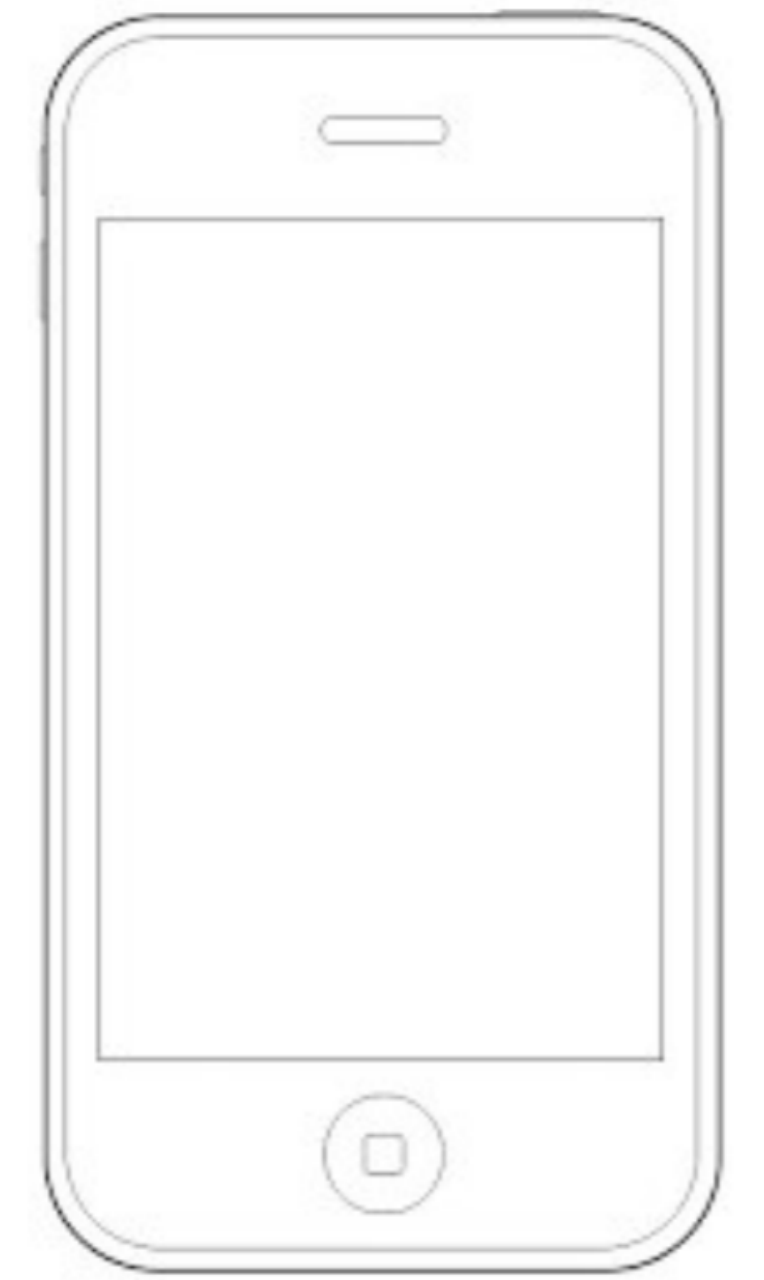
Appolutely!

Check out these apps recommended by students in the Erika's Lighthouse Club.

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App name:

Recommended by:

Description:

Cost:

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