

Footprint Activity

Materials

- Instruction poster
- Fact footprints
- Mental health professional footprint
- Blank footprint
- Tape
- Scissors (optional)

Assembly

- Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
- You can cut out the fact footprints or leave them as a whole sheet of paper.

Application

- Attach the Fact Foot prints to the walls leading to the mental health professional's office.
- Attach the mental health professional foot print to the door to their office. The mental health professional may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

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

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



Erika's Lighthouse

Have you seen the footprints around the school?

Follow the Footprints

to learn more about depression and get to know your school's mental health staff!



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



Erika's Lighthouse

Did you know...

90% of youth who take their own life have a diagnosable mental disorder, the most common being depression.

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



Erika's Lighthouse

Did you know ...

15-20% of teens will have a depressive episode before they reach adulthood.

That's about 5 in a class of 25!

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



Erika's Lighthouse



Did you know ...

**Between 20-50% of youth
have a family history of
depression, and are three
times more likely to
develop depression.**

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



Erika's Lighthouse

Did you know ...

**Healthy lifestyle choices
can alleviate symptoms of
depression. These include
physical activity, good
nutrition, and
adequate sleep.**

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



Erika's Lighthouse

Did you know ...

Treatment for depression is available and effective, but more than 80% of people suffering from depression never receive treatment due to stigma.

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Erika's Lighthouse

Did you know ...

**The best way to help a friend
is to communicate:**

- 1) The changes that you
have noticed.**
- 2) That you care.**
- 3) Ask how you can help
them take action
toward seeking help.**

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depression, check out
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Welcome!

**We're so glad you made it!
I'm a trusted adult you can
talk to if you're concerned
about yourself or a friend.**

**Come on in
and Let's Talk!**

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