



**FOR IMMEDIATE RELEASE**

## **ERIKA'S LIGHTHOUSE PARTNERS WITH THE CHICAGO WOLVES TO END THE STIGMA OF TEENAGE DEPRESSION**

*Event planned at Downers Grove North High School on Wednesday, March 4  
featuring Tyrell Goulbourne from the Chicago Wolves*

March 2, 2020 – Winnetka, Ill. – [Erika's Lighthouse](#), a non-profit organization that is dedicated to educating and raising awareness about adolescent depression, encouraging good mental health, and breaking down the stigma surrounding mental health issues, announced today that it is partnering with the Chicago Wolves to bring awareness and support to ending the stigma of teenage depression. On Wednesday, March 4, Erika's Lighthouse, Chicago Wolves player Tyrell Goulbourne, Skates, the mascot of the Chicago Wolves, and the Downers Grove North High School Teen Club will be raising awareness, breaking the stigma, and spreading empathy about teenage depression. More events with Erika's Lighthouse, the Chicago Wolves, and other schools in the Chicago metropolitan area may be planned in the coming months.

“In this age when an increasing number of teenagers are dealing with depression and anxiety, it's crucial to provide support and make sure they know depression is not a sign of weakness or a shortcoming in any way,” said Courtney Mahoney, senior vice president for the Chicago Wolves. “The Wolves are committed to helping Erika's Lighthouse educate adolescents throughout the Chicago area.”

At the March 4 event at Downers Grove North High School, Erika's Lighthouse, will be leading a conversation with the Teen Club members and Tyrell Goulbourne about the importance of good mental health inside and outside of school. Club members and Tyrell Goulbourne will be also handing out Chicago Wolves hats to students.

“We are grateful to have the support of the Chicago Wolves in reinforcing the message that no teen is ever alone,” said Brandon M. Combs, the executive director of Erika's Lighthouse. “When students talk, other students listen, which has been seen in the Teen Clubs at Downers Grove North High School.”

During Mental Health Awareness Week in October 2019, the Teen Club members at Downers Grove North High School led the, “How Full is Your Cup?” program. This activity helped students identify stress and their capacity for stress, comparing it to an overflowing cup of coffee. It also allowed students to see how to reduce stress by emptying their cups, which thus impacts overall mental wellbeing.

“After several years of teaching the free depression education program from Erika's Lighthouse, we wanted to expand its reach,” said, Kat Pantke, club sponsor and school counselor at Downers Grove North High School. “Through our PE Leader program, we are training our students to lead the Erika's Lighthouse program in all of our health classes. The lessons that are taught will be much more impactful if they are led by their peers. Additionally, by integrating it into our full health curriculum, every student that graduates from DGN will be exposed to the curriculum from Erika's Lighthouse.”

Erika's Lighthouse is a Beacon of Hope for Adolescent Depression and develops and provides free teen depression awareness programs and resources to middle school and high school communities around the country. Erika's Lighthouse continues to make improvements and make it easier for school partners to access its programs and resources. In 2018, a new website and resource portal was introduced that provides all of Erika's Lighthouse resources in one place, including additional teen empowerment activities. Erika's Lighthouse free depression education programs have been taught in five countries, 39 states, 424 schools, and impacted more than 170,000 students since the beginning of the 2019 school year.

Erika's Lighthouse was founded in 2004 by Ginny and Tom Neuckranz after their daughter Erika lost her life to adolescent depression. The organization empowers young people with the knowledge and skills to understand and cope with depression. Its programs address the challenges surrounding teen depression using the most impactful, innovative and accessible methods available today. This includes interactive web-based resources, multimedia classroom teaching tools, and teen-to-teen interventions, which makes Erika's Lighthouse a trailblazer for mental health education.

More information on bringing Erika's Lighthouse programs to middle schools and high schools is available at [www.erikaslighthouse.org/contact/](http://www.erikaslighthouse.org/contact/).

#### **About Erika's Lighthouse**

Erika's Lighthouse: A Beacon of Hope for Adolescent Depression is a non-profit organization committed to raising awareness about teen depression in middle school and high school communities at no cost to schools. Erika's Lighthouse works to eliminate the stigma surrounding depression and empower young people to take ownership of their mental health. Core programs include the video-based, teacher-led depression awareness classroom programs—The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students and The Erika's Lighthouse Program: Depression Awareness for Middle School Students. Erika's Lighthouse also provides countless other web-based resources. To learn more, visit [www.erikaslighthouse.org](http://www.erikaslighthouse.org).

###

For media inquiries related to Erika's Lighthouse, please contact Joshua Taustein at [josh@erikaslighthouse.org](mailto:josh@erikaslighthouse.org)