



**FOR IMMEDIATE RELEASE**

## **THE POSITIVITY PLEDGE FROM ERIKA'S LIGHTHOUSE BRINGS OUT THE FUN IN MENTAL HEALTH EMPOWERMENT**

*May is Mental Health Awareness Month and every week will include themes focused on Nutrition and Mindfulness along with a new challenge each day*

April 29, 2020 – Winnetka, Ill. – [Erika's Lighthouse](#), a non-profit organization that is dedicated to educating and raising awareness about adolescent depression, promoting good mental health, and breaking down the stigma surrounding mental health issues, announced today that it is encouraging everyone to take the [Positivity Pledge](#) in May, which is Mental Health Awareness Month. The Positivity Pledge includes themed weeks focused on nutrition and mindfulness along with a new challenge each day including #ShareSunday, #MentalHealthMonday, #WinningWednesday, and #FamilyFriendsFriday. The Positivity Pledge is an extension of the "[We're In This Together](#)" campaign, which provides practical resources and tools to teens, educators and parents during this uncertain time.

The Positivity Pledge [calendar](#) creates an opportunity for individuals to commit to 31 days focused on positive actions, helping others, self-care, and establishing good habits for positive mental health. Examples of daily activities include spreading the love by sending a healthy snack to those in need; making a list of traits you love about yourself; and finding time for self-reflection.

"As we continue to move forward in this uncertain climate related to COVID-19, we are redirecting our resources to help everyone, particularly teenagers, adjust to the new normal – not going to school, not seeing friends, and missing important events such as graduation ceremonies and other social events, which is why we launched the 'We're In This Together' campaign and the Positivity Pledge," said Brandon M. Combs, the executive director of Erika's Lighthouse. "This is an opportunity for all of us to focus on ourselves while also working together to make the world a better place. The Positivity Pledge is located at [www.erikaslighthouse.org/positivity](http://www.erikaslighthouse.org/positivity)."

"We're In This Together" aims to empower teens who feel isolated and alone during this unprecedented health crisis related to the Coronavirus (COVID-19). It provides practical, meaningful tools to support teens through these uncertain times when many people around the world are self-isolating. These resources are available at [www.erikaslighthouse.org/together](http://www.erikaslighthouse.org/together).

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. The free depression education program from Erika's Lighthouse has been taught in 471 schools and impacted more than 188,000 students since the beginning of the 2019-20 school year.

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).

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