

Be a Lifesaver Instructions

Materials

- Jar
- Lifesavers
- Scissors or paper cutter
- Guess slips
- Lifesaver Fact Sheets

Assembly

- Fill Jar with Lifesavers. Make sure you count how many are in the jar.
- Print guess slips and Lifesaver Fact Sheets
- Every person that fills out a guess slip should receive a Lifesaver Fact Sheet.

Application

- Set up a station in the cafeteria or another well seen location at school.
- Have the jar of lifesavers on the table along with "Be a Lifesaver" instructions. It may be helpful as well to indicate to students what the prize would be if they guess correctly.
- Provide students with guess slips and make sure every person that fills out a guess slip gets a Lifesaver Fact Sheet.

Let us know how the activity goes!

We'd love to hear from you or receive pictures.

**Contact Ilana@ErikasLighthouse.org for more
information**



Erika's Lighthouse

Did You Know You Can be a Lifesaver to Someone With Depression?



**Take a guess at how many lifesavers are
in the jar!**

The closest guess wins a prize!

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



Erika's Lighthouse

Lifesaver Fact Sheets

You can be a Lifesaver in someone's life!

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!

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!

www.erikaslighthouse.org

You can be a Lifesaver in someone's life!

Did you know...

90-98% of all people who die by suicide have a diagnosable mental illness, the most common being depression.

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!

www.erikaslighthouse.org

You can be a Lifesaver in someone's life!

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.

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!

www.erikaslighthouse.org

You can be a Lifesaver in someone's life!

Did you know...

The best way to help a friend is to communicate

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


If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!

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Guess Slips


How many Lifesavers are in the jar?
Name: _____
Guess: _____




How many Lifesavers are in the jar?
Name: _____
Guess: _____




How many Lifesavers are in the jar?
Name: _____
Guess: _____




How many Lifesavers are in the jar?
Name: _____
Guess: _____




How many Lifesavers are in the jar?
Name: _____
Guess: _____




How many Lifesavers are in the jar?
Name: _____
Guess: _____



How many Lifesavers are in the jar?
Name: _____
Guess: _____



How many Lifesavers are in the jar?
Name: _____
Guess: _____



How many Lifesavers are in the jar?
Name: _____
Guess: _____

