

# Classroom Education Signs Instructions

## Materials

- Math poster
- Science poster
- History poster
- English/Literature poster
- PE poster
- Tape or something to attach to wall/bulletin board

## Assembly

- Print the posters for each of the classes in your building that would like to hang a poster.

## Application

- Hang up the posters in the classrooms! For example, the Math poster would do well in a math classroom, or outside a math resource center. An English poster would do well in a english classroom, or outside the library.

Contact [Ilana@ErikasLighthouse.org](mailto:Ilana@ErikasLighthouse.org) for more  
information



**Erika's Lighthouse**

# Numbers Don't Lie

Depression is common, can be serious, and is treatable. If you think you may have depression, you are not alone. With the right kind of support and professional treatment, anyone can move on to live a healthy, happy and productive life.

## Depression is a major risk for suicide

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

90%

25%

## Depression is stigmatized

Only 25% of people with mental health symptoms believe that people are caring and sympathetic to persons with mental illness.

15-20%

## Depression is common

Somewhere in the range of 15-20% of youth will develop before adulthood.

80%

80% of teens with depression don't receive help.

For more information on teen depression, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)

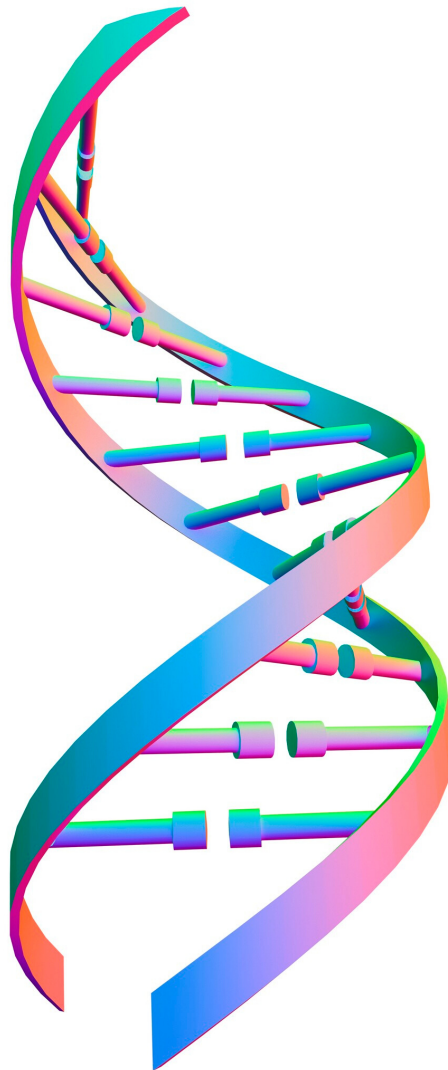


Erika's Lighthouse

# Do You Know Your Family's Mental Health History?

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

Talk about it!



For more information on teen depression, check out  
[www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



**Erika's Lighthouse**

# Many Great Authors Have Struggled With Depression



Virginia Woolf

Edgar Allen Poe

James Balwin

Mark Twain

Charles Dickens

Ernest Hemmingway

Emily Dickenson

F. Scott Fitzgerald

**If you think you may have depression,  
you are not alone.**

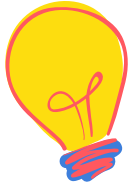
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# Many Great Minds Throughout History Have Struggled With Depression



Abraham Lincoln

John Adams

Isaac Newton

Calvin Coolidge

Winston Churchill

Buzz Aldrin

Princess Diana

Ludwig V. Beethoven

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# You Don't Have to Have Depression to Take Care of Your Mental Health!



Healthy lifestyle choices can make anyone feel better, such as:



Move Your Body

Eat Healthy Foods



Get a Good Night's Sleep

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