

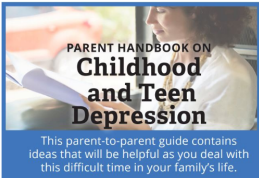


## Depression Discussion Guide

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This guide is designed to assist parents in having a discussion with their teen about depression and the importance of good mental health.

### Prepare to talk to your teen.



Be confident and ready to talk to your teen. Here are a few suggestions:

- Read the [Parent Handbook on Childhood and Teen Depression](#)
- Review our [Language for Parents in Times of Worry](#).

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### Watch the [Erika's Lighthouse Program Video](#) with your teen.

Visit [www.ErikasLighthouse.org/Together](http://www.ErikasLighthouse.org/Together)

Click on "Resources for Parents" and watch the **Middle School Video**



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### Have a conversation with your teen.

After you have watched the video ask these questions to start a dialogue with your teen about depression and the importance of positive mental health.

#### Starter Questions

- How have your beliefs and understanding of teen depression changed from before the video?
- Can you think of someone who struggled with teen depression? What did you see?
- Do you ever talk about depression or mental illness at school or with friends?
- Have you ever experienced symptoms like they talked about in the video?
- Who are some people in your life you think of as trusted adults? Who you could reach out to if you had questions or simply wanted to talk?
- Do you do any of the activities described to promote positive mental health?
- Are there any of those activities that you'd like to see us practice as a family?

### Take action.

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Regardless of the outcome, take action!

If your teen is emotionally resilient, create new ways to maintain their positive mental health.

If your teen is struggling, consider getting them help from a counselor.

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255.

If this is an emergency, please call 911.