

Sharpen Your Knowledge About Depression

Attach a pencil to an Erika's Lighthouse bookmark (you'll find the bookmark templates, available in B&W or color, English or Spanish on the Resource Portal) to encourage students to "Sharpen Their Knowledge and Erase the Stigma Around Depression".

This is a great handout for an Activities Fair, Health Fair, or Mental Health Awareness Month in May.

You can make a poster to go with the handouts or create a game where students win an additional prize if they answer a question about depression correctly.



Pencils are available for sale on Erika's Lighthouse online store.

Contact Ilana@ErikasLighthouse.org for more information



Erika's Lighthouse