

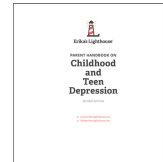


Erika's Lighthouse

Depression Education

for Elementary, Middle and High School Communities

Every parent can help spread a message of hope and protect those who need it most.



The **Parent Handbook** is a guide to depression written for parents by parents.

Discussion guides, handouts, tools and other resources can support family education and engagement.

Family Workshops, developed by the National PTA, offer peer-led discussions around mental health.

Shine
Light on
Depression

ShineLightOnDepression.org

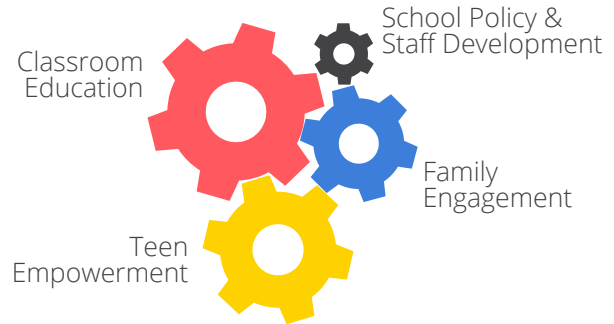
FAMILY ENGAGEMENT

www.ErikasLighthouse.org



Erika's Lighthouse

**Erika's Lighthouse programs can
positively shift school cultures.**



www.ErikasLighthouse.org

Support lasting

CULTURE CHANGE

EMPOWERING INCLUSIVE RESPECTFUL HOPEFUL ACCESSIBLE DIVERSE OPEN HEALTHY SAFE