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 parent education and engagement.

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

www.ErikasLighthouse.org
Erika's Lighthouse programs can positively shift your school's culture.

Create a lasting CULTURE CHANGE

EMPOWERING INCLUSIVE RESPECTFUL HOPEFUL ACCESSIBLE DIVERSE OPEN HEALTHY SAFE

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