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.

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

Support lasting CULTURE CHANGE

EMPOWERING  INCLUSIVE  RESPECTFUL  HOPEFUL  ACCESSIBLE  DIVERSE  OPEN  HEALTHY  SAFE