



## Start the year with Erika's Lighthouse - Teaching Remotely

**Remote Learning** is challenging for students, educators and parents and it takes a village to create meaningful, impactful lessons. Maintaining good mental health is among the most challenging issues affecting today's youth, and the stressors young people face can be intense. Depression is an important—and often a required—topic for schools to address with their students. At Erika's Lighthouse, we have a strong track record of creating depression education classroom programs that are teen-centered, effective, impactful and hopeful.

### **We All Have Mental Health**

#### ***A Program for Middle and High School Remote Learners***

This program consists of one 45-minute (or 3 shorter) engaging and interactive lesson(s) that is designed to be taught remotely.

#### **Prepare**

- Log in to the [Erika's Lighthouse Resource Portal](#) to view all documents mentioned in this guide
- Refer to the Remote Learning Program in the Resource Portal
- Review the worksheets for students in the Optional Program Additions in the Resource Portal
- Make sure your technology platform works with PowerPoint
- Collaborate with your school's mental health team to ensure supports will be in place when teaching about this topic

#### **Teach**

- Teach Part 1: Promoting Good Mental Health (10-15 minutes)
- Teach Part 2: Everyday Feelings vs. Overwhelming Feelings (20 minutes) - including the [We All Have Mental Health](#) video
- Teach Part 3: Finding Help & Information (10-15 minutes)
- Utilize student worksheets as ancillary assignments
- Use "Virtual Awareness into Action Activities" as an opportunity for quick touch points with students, parents and others about good mental health practices and information

#### **Resources to Engage Students**

Help Seeking Worksheet  
Trusted Adult Worksheet

#### **Resources to Engage Parents/Guardians**

Send parents a link to watch video  
Depression Discussion Guide  
Shared Vocabulary  
Parent Handbook on Childhood & Teen Depression

#### **Contact Us**

We recognize that these are trying times, and we want to ensure that this very important topic is discussed with empathy and understanding. Please don't hesitate to contact us. 847-386-6481

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