

**PURPOSE** //

- Advocacy and Leadership
- Students influence school leaders on why it is important to have mental health education for their students

OBJECTIVE //

- Advocacy is the process of taking action in order to address concerns in your community. Leadership is the process of listening, reflecting and representing your community. Advocacy and leadership often go hand- in-hand and can be used effectively to accomplish a goal.

INSTRUCTIONS //**Materials**

- [Erika's Lighthouse website](#)
- Slideshow (i.e. PowerPoint, Google Slides) - optional Posterboard & markers - optional

Assembly

1. Check out [Introduction to Erika's Lighthouse Slide Show](#).
2. Work individually or with others to research Erika's Lighthouse educational offerings.

Application

- Determine who in the school is a decision-maker when it comes to mental health education - This could include a health teacher, social worker, school counselor, and/or administrator such as a principal.
- Set up a meeting with this person.
- Complete the Worksheet prior to your meeting, to make sure you are prepared with all the necessary information.
- Prepare for the meeting by putting together a slideshow, poster and/or notes to share about why you believe it would be beneficial for your school to use Erika's Lighthouse depression education program.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

Contact Nathalia@erikaslighthouse.org for more information



Advocate for Depression Education - *Worksheet*

What programs does Erika's Lighthouse offer to schools?

Cost of program(s):

Length of program(s):

Goals of the program(s):

Why is this program important for your school to use?

What are your three main talking points to get across in your meeting?

1.

2.

3.