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## DEPRESSION EDUCATION PROGRAMMING FROM ERIKA'S LIGHTHOUSE AVAILABLE FOR REMOTE LEARNING IN THE 2020-2021 SCHOOL YEAR

*Seeks to educate, support, and empower all students,  
including those struggling with mental health challenges and suicidal ideations*

January 5, 2021 – Winnetka, Ill. – [Erika's Lighthouse](#), a non-profit organization that is dedicated to educating and raising awareness about adolescent depression, encouraging good mental health, and breaking down the stigma surrounding mental health issues, announced today that throughout the 2020 – 2021 school year, its free depression education programming has been made available for both remote learning, hybrid environments, and the traditional classroom setting. A recent [white paper](#) confirmed that the depression education program from Erika's Lighthouse is a more upstream, suitable alternative for many schools because it seeks to educate, support and empower all students, including those struggling with mental health challenges and suicidal ideations. These resources were created to assist teachers in educating students and promoting positive mental health and have been taught in 327 schools in 37 states and impacted more than 158,000 students since the beginning of the 2020 school year.

“The first half of the school year has shown the importance of mental health education as students are facing unprecedented challenges as they are missing out on some of the key milestones of growing up such as attending sporting events, social occasions and so much more due to social distancing and staying safe amid the COVID-19 pandemic,” said Brandon M. Combs, the executive director of Erika's Lighthouse. “With each school district around the country deciding to hold classes in-person or through remote learning, we have ensured that our programming is available to everyone. Educators have responded positively - happy they have an option to create meaningful conversations in their classrooms around depression and mental health.”

Staff at Erika's Lighthouse recommends that educators focus on teaching the Erika's Lighthouse lessons on good mental health and working with school mental health professionals and parents to address the topic of depression. They can do this through accessing an updated [Resource Portal](#) on the Erika's Lighthouse website, which includes the full library of free videos and other resources for schools at no cost. Teachers, administrators, and parents can access the [High School Program](#), [Middle School Program](#), Awareness Into Action Activities, and [Teen Empowerment Club](#) resources.

Earlier in the year, Erika's Lighthouse won the 2020 Community Builder Award from the [Child Mind Institute](#) as part of its annual Change Maker Awards. The annual Change Maker Awards celebrate individuals and organizations making real change in the mental health care system and

in the lives of children and adolescents who struggle with mental health and learning disorders. The [blog on the Erika's Lighthouse website](#) was also just named one of [the Best Depression blogs of 2020](#) by Healthline and recognized for providing a resource that aims to break the stigma of depression and educate teens, parents, and teachers about teenage depression.

Erika's Lighthouse is A Beacon of Hope for Adolescent Depression and develops and provides free teen depression awareness programs and resources to middle school and high school communities around the country. Erika's Lighthouse continues to make improvements and make it easier for school partners to access its programs and resources. In 2018, a new website and resource portal was introduced that provides all of Erika's Lighthouse resources in one place, including additional teen empowerment activities.

More information on bringing Erika's Lighthouse programs to middle schools and high schools is available at [www.erikaslighthouse.org/contact/](http://www.erikaslighthouse.org/contact/).

### **About Erika's Lighthouse**

Erika's Lighthouse: A Beacon of Hope for Adolescent Depression is a non-profit organization committed to raising awareness about teen depression in middle school and high school communities at no cost to schools. Erika's Lighthouse works to eliminate the stigma surrounding depression and empower young people to take ownership of their mental health. Core programs include the video-based, teacher-led depression awareness classroom programs—The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students and The Erika's Lighthouse Program: Depression Awareness for Middle School Students. Erika's Lighthouse also provides countless other web-based resources. To learn more, visit [www.erikaslighthouse.org](http://www.erikaslighthouse.org).

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