



FOR IMMEDIATE RELEASE

## IN RECOGNITION OF MENTAL HEALTH AWARENESS MONTH IN MAY, ERIKA'S LIGHTHOUSE ASKS TEENS TO TAKE THE POSITIVITY PLEDGE

*The Girl Scouts of Northern Illinois is encouraging all of its members – girls, volunteers, families, and communities – to take the Positivity Pledge every day*

April 26, 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 it is asking teens to take [the Positivity Pledge](#) this May in recognition of Mental Health Awareness Month. The Positivity Pledge makes mental health empowerment fun and helps teens know that they are not alone. It includes themed weeks focused on nutrition and mindfulness along with a new challenge each day including Share Sunday, Mental Health Monday, Winning Wednesday, and Family Friends Friday. A full calendar is available [here](#).

Recognizing Mental Health Awareness Month, the [Girl Scouts of Northern Illinois](#), which serves girls ages 5 – 18 in northern Illinois and is part of a national sisterhood of more than 1.7 million girls and 750,000 adults, is bringing the Positivity Pledge to all of its members. The organization is encouraging girls, volunteers, families, and communities to take the Positivity Pledge every day. Girl Scouts will also earn a special patch for doing activities throughout the month.

“Despite the pandemic, there are so many reasons to be hopeful. From students getting back into the classroom to vaccinations – there is a real feeling that we are turning the corner. Now, more than ever, we all need to put our best foot forward and focus on ourselves and our communities,” said Brandon M. Combs, the executive director of Erika's Lighthouse. “The Positivity Pledge allows students to take control of their own mental health, while also putting some good in the world with themed weeks focusing on Nutrition and Well Being; Gratitude; Exercise; and Mindfulness.”

“Girl Scouts of Northern Illinois is more than proud and excited to partner with Erika's Lighthouse to promote positive mental health for Girl Scouts. We know that the COVID-19 pandemic has only exacerbated existing stressors on girls, and we are determined to be among those that are making girls' lives better,” shares Fiona Cummings, CEO, Girl Scouts of Northern Illinois. “The Positivity Pledge is one way that we can all take small steps to improve our own mental health and help others to do the same. Indeed, I love the daily suggestions so much, that I am committing to do them myself.”

Throughout the 2020 – 2021 school year, the free depression education programming from Erika's Lighthouse has been made available for remote learning, hybrid environments, and the traditional

classroom setting in middle schools and high schools. Since the beginning of the 2020 school year, the depression education program [has been taught](#) in 460 schools in 41 states and has had a positive impact on more than 190,000 students.

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 across the country. Erika's Lighthouse continues to make improvements and make it easier for school partners to access its programs and resources. In 2020, the resource portal was enhanced to add many new resources including Awareness into Action 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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