



All Staff Training - For Groups Mental Health, Depression Awareness & Suicide Prevention

This 2 hour training is intended to be completed by districts or schools in a group setting. It is designed for schools implementing Erika's Lighthouse classroom education programming and ensuring staff are prepared to respond to students that may be experiencing a mental health issue.

PART

1

Signs & Symptoms of Depression & Suicide Video (15 min)

- Signs & Symptoms of Depression
- Signs & Symptoms of Suicide
- Shared Risk Factors & Warning Signs

PART

1.5

18 min

Group Exercises

Watch the appropriate Erika's Lighthouse Classroom Education Video:
 Level I: [We All Have Mental Health \(grades 4-6\)](#)
 Level II: [Depression Awareness \(grades 5-9\)](#)
 Level III: [Depression Education & Suicide Prevention \(grades 8-12\)](#)

PART

2

Overview of Erika's Lighthouse Programs Video (20 min)

- Understanding Stigma
- Program Goals & Objectives
- Program Components & Shared Vocabulary

PART

2.5

15 min

Group Exercises

- Stigma [Stand Up/Sit Down Exercise](#)
- Group Discussion: "How will you look at depression differently?"

PART

3

Helping A Student Video (15 min)

- What if you are a Trusted Adult?
- Intervention Language for Educators, Being Sensitive & Trauma-Informed
- Following School Protocol & Being a Mandated Reporter

PART

3.5

10 min

Group Exercises

- Role-play [Intervention Language](#)
 - Being the Trusted Adult
 - Approaching a Teen

PART

4

Classroom Crisis Intervention (15 min)

- What is a Crisis & De-Escalation Strategies
- Assessing Suicide Risks
- Self-Care & Wellness

PART

5

Implementation in Your School (15 min) - *This component is the district/school's responsibility.*

Group Exercises

- Review Your School's Internal Protocols
- Expanding Focus Discussion:
 - Where are the gaps?
 - Who else needs this information and training? Who else is an essential partner?

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255.
 If this is an emergency, please call 911.