

# Table Tents

## PURPOSE //

Educate staff about depression, mental illness and promote help-seeking.

## OBJECTIVE //

Help staff understand that their mental health is important and there is help.

## MATERIALS //

- Table tents
- Scissors or paper cutter
- Card stock or heavier paper (optional)
- Bookmarks (optional)

## INSTRUCTIONS //

- Print the table tents on card stock or heavier paper. This will help them stand up when you fold them. You can also print copies of our Teen Bookmarks on our Resource Portal at [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org).
- Cut the table tents along the dotted line.
- Fold the table tents along solid line.
- Set up a table for educational papers about depression somewhere in your school. Good locations for these would be in a cafeteria, teacher's lounge, nurse's office, or in the mental health professional's office.
- Place the table tents and bookmarks on the table to educate about depression.

For more information on teen depression,  
check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



**Erika's Lighthouse**

With the right kind of support and professional treatment, anyone can move on to live a healthy, happy and productive life.

If you think you may have depression, **you are not alone.**



**Depression is common, can be serious and is treatable.**

**Good mental health is for everyone.**

**We can all practice ways to stay mentally healthy.**

**Here's how**

- Eight to ten hours of sleep per night
- Three nutritious meals per day
- Three or more days of exercise a week
- Avoid drugs and alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with favorite people
- Relaxation exercises, i.e., bubble bath, deep breathing, meditation, a walk in nature
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed

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