



The Mental Health Student Leadership Academy modules educate Empowerment Club members about mental health and their role as a trusted peer and mental health leader. Choose the delivery method that works best for your club.

- **Method 1:** Clubs watch the 3 video-based modules
- **Method 2:** Club Leaders educate their own club using provided slides & speaker notes.

## Modules

- 1 MENTAL HEALTH 101**  
Youth will learn what is mental health, the difference between everyday and overwhelming feelings, coping strategies and how too much stress can get in the way of good mental health.
- 2 BEING A TRUSTED PEER**  
Youth will gain confidence and skills to help a peer who might be facing a mental health challenge or crisis. They will learn facts about depression, what do to if they're worried about a peer, and how to have supportive conversations with friends.
- 3 BE A MENTAL HEALTH LEADER**  
Youth will learn how to spread awareness and education about mental health in their school. They will learn how to gain access to the Erika's Lighthouse Awareness into Action Activities.