



Erika's Lighthouse[®]

Student Workbook:
Level II Classroom Program - Lesson 2
Help-Seeking

Lesson 2 Objectives



By the end of this lesson, I will be able to:

- Define what stigma is
- Learn that depression is treatable
- Demonstrate how to reach out for help for myself or a friend
- Effectively communicate to a friend in need that I care and can share who to talk to

Student Stories - Help-Seeking

Below are short bios about each of the students in our videos. Read through them and select two student videos to watch using the links or QR codes. Write down who the students went to for help. Then write down where you can find help in your school or community. Be prepared to participate by sharing what you have learned.

<p>Lindsey is a first-generation student from Illinois whose depression started at six years old. She says her depression felt like “little tornadoes in my head”. Lindsey loves to read, is a dedicated student and is very involved in clubs at school.</p>	<p>Henry is from Knoxville, Tennessee. He loves to write, play sports and hang out with his friends. Henry describes feeling anxious, worried often and “never really feeling happy”.</p>
<p>Jasmine is an African American student who moved from a small town to a big city. Her move and experiencing community violence contributed to her depression. She is passionate about church and her family.</p>	<p>Catharine is from Ohio and is a sports enthusiast; she loves ice skating and tennis. Catharine felt that she needed to be “perfect” at everything: sports, school, friends. She was first diagnosed with anxiety, but then her symptoms of depression began.</p>
<p>Alan loves his band and his girlfriend. His depression began during his parents’ divorce. He describes his depression as a “big, sinking feeling” in his chest.</p>	<p>Mason is an Asian-American student who experienced anxiety and perfectionism. He loves his family, friends and sports. His dad also experienced depression and is very supportive of Mason.</p>
<p>Edgar recently moved from Mexico City to the United States. He left behind his friends and many of his family members. Edgar loves soccer and music.</p>	<p>Callie is from Chicago. She loves to run track and hang out with her friends. Struggles with her peers impacted her experience with depression and she felt very isolated during this time.</p>

YouTube	Vimeo
 Student Stories	 Student Stories

Student Story 1: Who did the student go to for help?

Student Story 2: Who did the student go to for help?

Where can you find help in your school or community?

When helping yourself, say:

- What you **feel**.
- What you have **tried** to do to feel better.
- How someone can **help** you find a mental health professional.

When helping a friend, say:

- What you **notice** in the friend.
- That you **care** about them.
- How you can **help** them tell a trusted adult.

Role Play 1

Teen	Hey, can we talk?
Parent	Sure. What's going on?
Teen	Lately, I haven't been feeling like myself. I feel sad and angry all the time. I'm constantly tired and I can't focus in school.
Parent	I've gone through periods like this when I was your age. Hang in there and I'm sure things will get better with time.
Teen	Well, usually when I'm down I feel better when I go for a run or talk to someone. This time I can't seem to shake it. It's been like this for weeks now. I even took a depression test online and it reported that I should see a doctor to get checked out.
Parent	Really?
Teen	Yeah, I think I need to talk to someone. Can you help me set up an appointment with a doctor?
Parent	Sure, I think that's a great idea.

Role Play 2

Sam	Hey, can we talk? Over the past few weeks, I've noticed that you've been hanging back a lot - not calling or texting me much anymore and skipping out on me and our friends. Recently, you've even missed quite a few play practices. In general, you seem down. This isn't like you. What's going on?
Friend	I'm sorry. I've been feeling weird lately.
Sam	I can tell something's different. I'm worried and care about you.
Friend	You don't have to worry. I'm sure I'll snap out of it eventually.
Sam	You deserve to feel better now and who knows, it could be something as serious as depression. Have you told an adult yet?
Friend	No.
Sam	An adult should know so they can help you find a professional to check it out. Who do you feel comfortable talking to?
Friend	I guess, Mr. Clark.
Sam	I think he's a great choice. Would you like me to come with you? It might make you feel more comfortable.
Friend	Uh sure. Yeah, I'd like that.

Important Points to Remember

If a friend tells you that they are thinking of suicide or of hurting themselves, **an adult must be notified immediately**. A friend may ask you to keep this information a secret, but when it comes to a matter of safety, keeping a secret can cost a life.

One word of caution. It is important to take care of yourself and understand that there are limits to the kind of support a friend can provide to a friend who is experiencing depression. Often, a person can take on too much responsibility for helping a friend and this can cause stress and bring that person down. Remember, it's a friend's job to listen, show compassion and help a friend to get professional help.

We hope you have a better idea of what depression treatment may look like, and more importantly, feel confident about taking action steps towards treatment if you or a friend need it. For more information about finding help and treatment, see our Teen Toolbox.

Remember, if anything shared today prompted a feeling that you need to talk to someone, make sure to go to a trusted adult, talk to your counselor, or visit the social worker's office here at school.

You can also call or text 988 to speak or text with someone at the Suicide & Crisis Lifeline if you are ever concerned about yourself or a friend.