



**Erika's
Lighthouse®**

Level II:

Depression Awareness

LESSON TWO



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You will...

- ① Define what stigma is
- ① Learn that depression is treatable
- ① Demonstrate how to reach out for help for yourself or a friend
- ① Learn how to effectively communicate if you are concerned about yourself or a friend

• Stigma Exercise •

I like math

I know someone who experiences depression

**Stand up if you agree.
Stay seated/Sit down if you disagree.**

I enjoy music



I participate in a sport or club

I believe good mental health is for everyone

Stigma

Although depression is incredibly common, **80% of people with depression do not seek treatment.**

Why?

-  Depression is an illness that carries a stigma.
-  Stigma is a mark of shame associated with a particular circumstance, quality or person.

Lesson 2 Video Segment



Level II: Depression Awareness

Help-Seeking

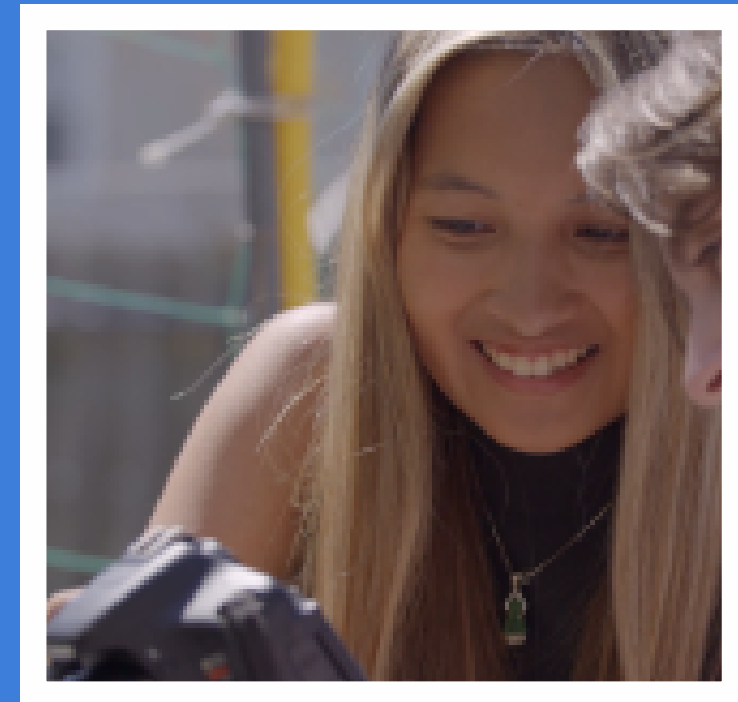
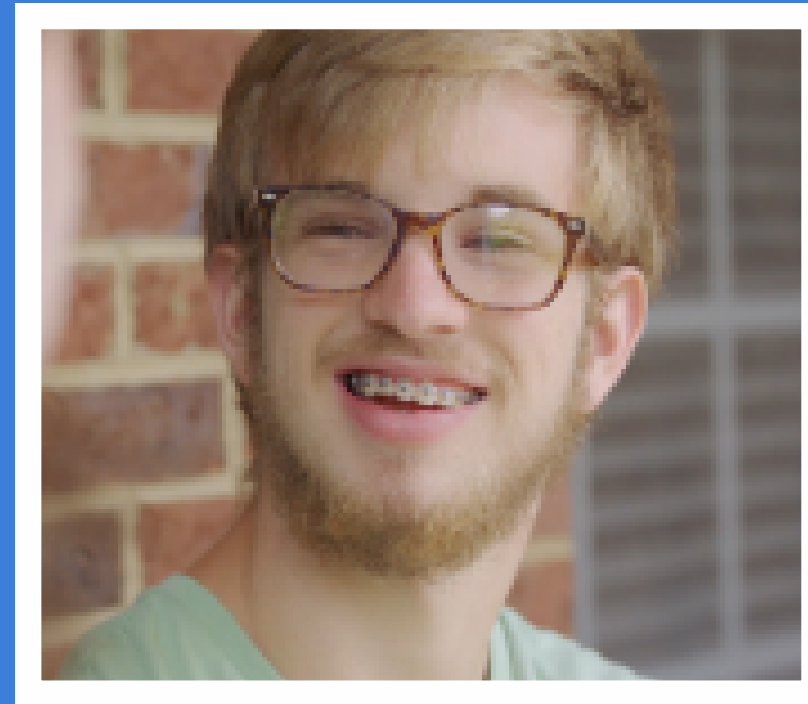


Break into Small Groups




Using your Student Workbook, choose **two** student stories to watch.

As you watch, answer the following questions:

- Who did the students in the vignettes go to for help?
- Where could you find help in your school or community?



Group Activity

-  Find a station with chart paper and a marker
-  Write down as many trusted adults as you can think of
-  Write down as many resources in the school and the community that you can think of

Symptoms

- Depressed mood, sadness, or irritability
- Loss of interest or pleasure in activities
- Change in weight or appetite
- Change in sleep
- Feeling sped up or slowed down
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Thoughts of death or acts of self-harm

Depression can happen to anyone.



You deserve to feel better

It is a common and treatable illness and nothing to be ashamed of.

Talk to a **Trusted Adult**

- How you **FEEL**
- What you've **TRIED**
- What they can do to **HELP**



YOU:
Hey, Mom, can we talk?



MOM:
Sure. What's going on?

YOU:
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.



MOM:
I've gone through periods like this when I was your age. Hang in there and I'm sure things will get better with a little time.

YOU:
Well, usually when I'm down I feel better if I go for a run or talk to someone. This time I can't seem to shake it. It's been like this for a few weeks now. I even took a depression test online and it reported that I should see a doctor to get it checked out.



MOM:
Really?

YOU:
Yeah, I think I need to talk to someone. Can you help me set up an appointment with my doctor?



MOM:
Sure. I think that's a great idea.

What if it is a
FRIEND you are
concerned about?



"I've noticed changes in you."

"I care for you."

"How can I help you?"

SAM: Hey, can we talk? Over the past few weeks, I've noticed you've been hanging back a lot – not calling or texting me much anymore and skipping out on me and our friends. Recently, you have 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 is different. I'm worried about you and I care.



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 serious like 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 more comfortable.



FRIEND: Uh, sure. Yeah, I'd like that

If your friend is hurting
themselves or talking about
suicide... tell an adult

IMMEDIATELY

BE A GOOD FRIEND

...by listening, showing them you care, and helping them find help.



988 SUICIDE & CRISIS
LIFELINE

Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Thoughts of suicide.

Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.

Text or Call **988** | Chat **988lifeline.org** |

For emergencies, call **911**

