



**Erika's
Lighthouse®**

Level II:
Depression Awareness
ONE -DAY LESSON

Pre-test:

<http://elhms.info>



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Erika's Lighthouse Overview

This program was inspired by a young person named Erika. Erika was a bright light who, sadly, lost her battle with depression in 2004, at age 14.

Erika's Lighthouse was founded in her honor and is dedicated to helping other young people learn about depression and overcome the stigma surrounding mental health disorders.



You will learn...

- Depression is a mood disorder
- Signs & symptoms of depression
- How to identify a reliable, trusted adult at school and/or in the community
- How to maintain good mental health



The Video



Level II: Depression Awareness

A One-Day Program Designed for Grades 5-9



Discussion Questions

① How common is depression in teens?

① Can you tell by someone's appearance that they have depression?

① If there is a history of depression in your family, does that mean you will develop it?

① Does this mean that anyone who experiences stress will be diagnosed with depression?

① Is depression a risk factor for suicide?

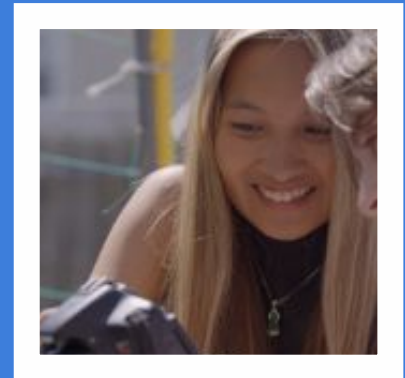
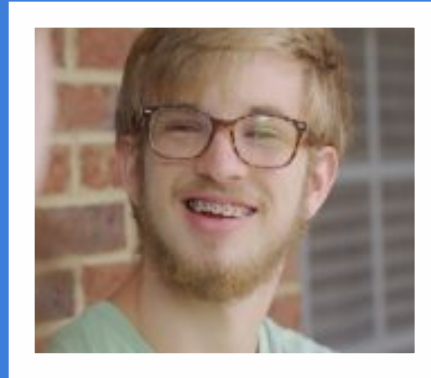
① What are the signs and symptoms of depression?

Break into Small Groups

Using your Student

Workbook, choose **two**
student stories to watch.

As you watch, write down
the **signs and symptoms**
that the students
experienced.



Discussion



What were the student's signs and symptoms?

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

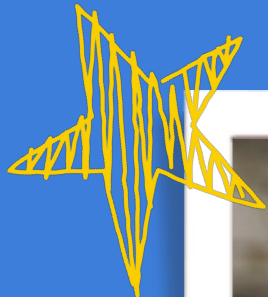
5 or more of
these symptoms
must be present
every day for at
least 2 weeks or
more

If you are worried about yourself or a friend, talk to a

Trusted Adult



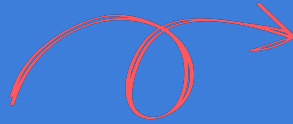
When I say the words Trusted Adult, what characteristics or traits come to mind?



Catharine

Catharine - Discussion Questions

- Who are Catharine's trusted adults?
- How did they help her?



You can get help
for yourself or a
friend by saying
something!

- 📌 How to talk to a trusted adult
- 📌 How to talk to a friend in need



Hey Mom,

Can we talk?



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.

Hey Sam,

Can we talk?



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



Erika's Lighthouse®

Teen Depression

Know the signs...

Depression is an illness that affects our moods, thoughts and behaviors.

Five or more of these symptoms must be present most of every day for at least two weeks or more:

- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain, or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

Depression is common, can be serious and is treatable

If you think you may have depression, **you are not alone**. Understand that it can get better but you need to take action. Tell a caring adult who can help you to get an evaluation from a doctor or mental health professional



YOU ARE NOT ALONE

IN CRISIS AND ALONE?
Call or Text 988

IMMEDIATE RISK OF SAFETY?
Call 911

WHERE TO GO FOR HELP
Write down the name of a trusted adult you can go to if you need help

Help educate your family with our resources from ErikasLighthouse.org



Student Bookmarks

Ideas of trusted adults:

Parent/Guardian

Aunt/Uncle/Grandparent

School Counselor

Coach

Teacher

Religious Leader

Therapist



GOOD MENTAL HEALTH

It's for everyone!

Good mental health is about creating a lifestyle of balance and reducing the impact of stress. We can all practice ways to stay mentally healthy

HERE ARE A FEW HELPFUL TIPS:

Eight to ten hours of sleep per night

Three nutritious meals per day

Three or more days of exercise a week

Avoid drugs or alcohol

Take care of your physical health

Engage in activities that bring happiness

Spend time with your favorite people

Relaxation exercise, i.e. bubble bath, deep breathing, meditation, a nature walk

Maintain reasonable expectations and boundaries

Ask for help and support when needed



Erika's Lighthouse

Promote Good Mental Health
Start an Empowerment Club, visit ErikasLighthouse.org



Good Mental Health & Coping

Good Mental Health Practices

Good sleep habits

Practicing self-care

Good eating habits

Being active

Coping Strategies

Mindfulness

Breathing techniques

Journaling





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**



Self-Referral Cards

SELF-REFERRAL CARD

Please fill out the **ENTIRE** card, fold it in half and turn it in to your teacher.

Name _____

Classroom _____

Teacher _____

Period _____

After hearing the presentation,

- I **would like** to talk to a mental health worker in the **next 24 hours**.
- I **would like** to talk to a mental health worker in the **next week**.
- I **would not like** to talk to a mental health worker.

Post-Test



<http://elhmstpost.info>