



# Erika's Lighthouse<sup>®</sup>

## Student Workbook: Level II Classroom Program - One Day Lesson

## Who is Erika?

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.

### Overall Program goals

The goal of this program is for you to learn and understand that depression is a common and serious mood disorder and it is treatable.

You can make a difference in not only your own but someone else's life by learning how to get help as well as learning the skills for maintaining good mental health.

### Level II-One Day Lesson Objectives

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

- Define key concepts related to depression
- Demonstrate self-advocacy for myself or a friend to promote help-seeking
- Understand how to support my mental health and well-being

We'd like to see what you already know. Scan this QR code to take a short pre-test.



<http://elhms.info>

## Video Discussion Guide

As you watch the video and read the important information in bold, answer the questions below.  
Be ready to talk about what you have learned.

**Depression is a common and serious mood disorder that can happen to anyone. It is not your fault if you have it and you are not alone.**

- How common is depression in teens?
  - 15-20% of young people will experience depression before they reach adulthood. That is about 5 students in a class of 25.
  - Teens do not experience depression.

**Depression is not like a rash on your skin.**

- Can you tell someone has depression by looking at them?
  - Yes
  - No

**Depression is marked by a chemical imbalance in the brain that impacts mood, thoughts, and behaviors. Sometimes genetics can play a role in whether or not someone gets depression.**

- If there is a history of depression in your family, does it mean you will develop it?
  - Yes
  - No

**Sometimes stress in the environment can trigger depression.**

- Does this mean anyone who experiences stress will get depression?
  - Yes
  - No

**Depression is serious and common.**

- Is depression a risk factor for suicide?
  - Yes
  - No



**Depression is more than a feeling of sadness. In order to have a diagnosis of depression you need at least five symptoms present most every day for at least two weeks. However, it is possible to have moments of enjoyment with depression.**

- What are some of the signs and symptoms of depression?
  - Loss of interest in activities
  - Change in sleep
  - Fatigue or loss of energy
  - Feelings of worthlessness
  - Thoughts of death or acts of self harm
  - Trouble concentrating

### Student Story - Signs & Symptoms

Below are short bios about each of the students in our videos. Read through them and select a student video to watch using the links or QR codes. Answer the question below.

<p><b>Lindsey</b> 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><b>Henry</b> 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><b>Jasmine</b> 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><b>Catharine</b> 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><b>Alan</b> 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><b>Mason</b> 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><b>Edgar</b> 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><b>Callie</b> 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
	
<p><a href="#">Student Videos</a></p>	<p><a href="#">Student Videos</a></p>

**What were some of the signs & symptoms the student experienced?**

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### Important Terms to Know

**Trusted Adult:** someone who is reliable, dependable, trustworthy and can help you.

**Valid:** a source of information that offers correct information and can be trusted.

**Reliable:** a source of information that can be accessed easily and consistently.

### Catharine - Help-Seeking

While watching Catharine’s Help-Seeking video answer the following questions:

- 1. Who are Catharine’s trusted adults?

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- 2. How did they help her?

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### Bookmarks

Answer the following two questions after getting your bookmark and filling out where you can go in school if you are worried about yourself or a friend.

- 1. Describe how you know that the trusted adult you put on your bookmark is **valid and reliable**.

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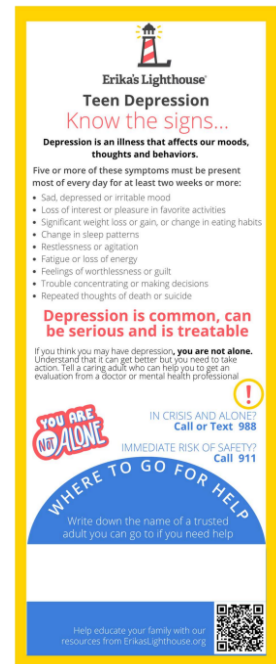
- 2. How can you find a trusted adult?

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**You can get help for yourself or a friend with depression by saying something to a trusted adult.**

**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**

<b>Teen</b>	Hey, can we talk?
<b>Parent</b>	Sure. What's going on?
<b>Teen</b>	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.
<b>Parent</b>	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.
<b>Teen</b>	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.
<b>Parent</b>	Really?
<b>Teen</b>	Yeah, I think I need to talk to someone. Can you help me set up an appointment with a doctor?
<b>Parent</b>	Sure, I think that's a great idea.

**Role Play 2**

<b>Sam</b>	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?
<b>Friend</b>	I'm sorry. I've been feeling weird lately.
<b>Sam</b>	I can tell something's different. I'm worried and care about you.
<b>Friend</b>	You don't have to worry. I'm sure I'll snap out of it eventually.
<b>Sam</b>	You deserve to feel better now and who knows, it could be something as serious as depression. Have you told an adult yet?
<b>Friend</b>	No.
<b>Sam</b>	An adult should know so they can help you find a professional to check it out. Who do you feel comfortable talking to?
<b>Friend</b>	I guess, Mr. Clark.
<b>Sam</b>	I think he's a great choice. Would you like me to come with you? It might make you feel more comfortable.
<b>Friend</b>	Uh sure. Yeah, I'd like that.

### Practicing Good Mental Health Discussion Questions

Think back to the video and answer the questions below. Be prepared to participate by sharing what you have learned.

- 1. What are four ways to practice good mental health?

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- 2. How do you take care of your mental health?

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- 3. Stress is normal, but too much stress increases the risk for health issues, like depression. What is stress? What are some things that can cause stress?

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- 4. How do you know you are stressed-how do you experience it in your body? Why is it important to be aware of your own personal stress indicators?

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**What have you learned? Scan this QR code to take a short post-test**



<http://elhmspost.info>

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.