



Erika's Lighthouse®

Level III:

Depression Education & Suicide Awareness

Lesson 1

Pre-Test:

<http://elhhs.info>



Term/Definition Matching Activity

- You will receive a card with a term or definition
- Find your "match"
- Stay with your "match" until we debrief as a class

mood disorder

Directing someone in need of something for a review, further support or help.

mental health provider





Adapted Activity

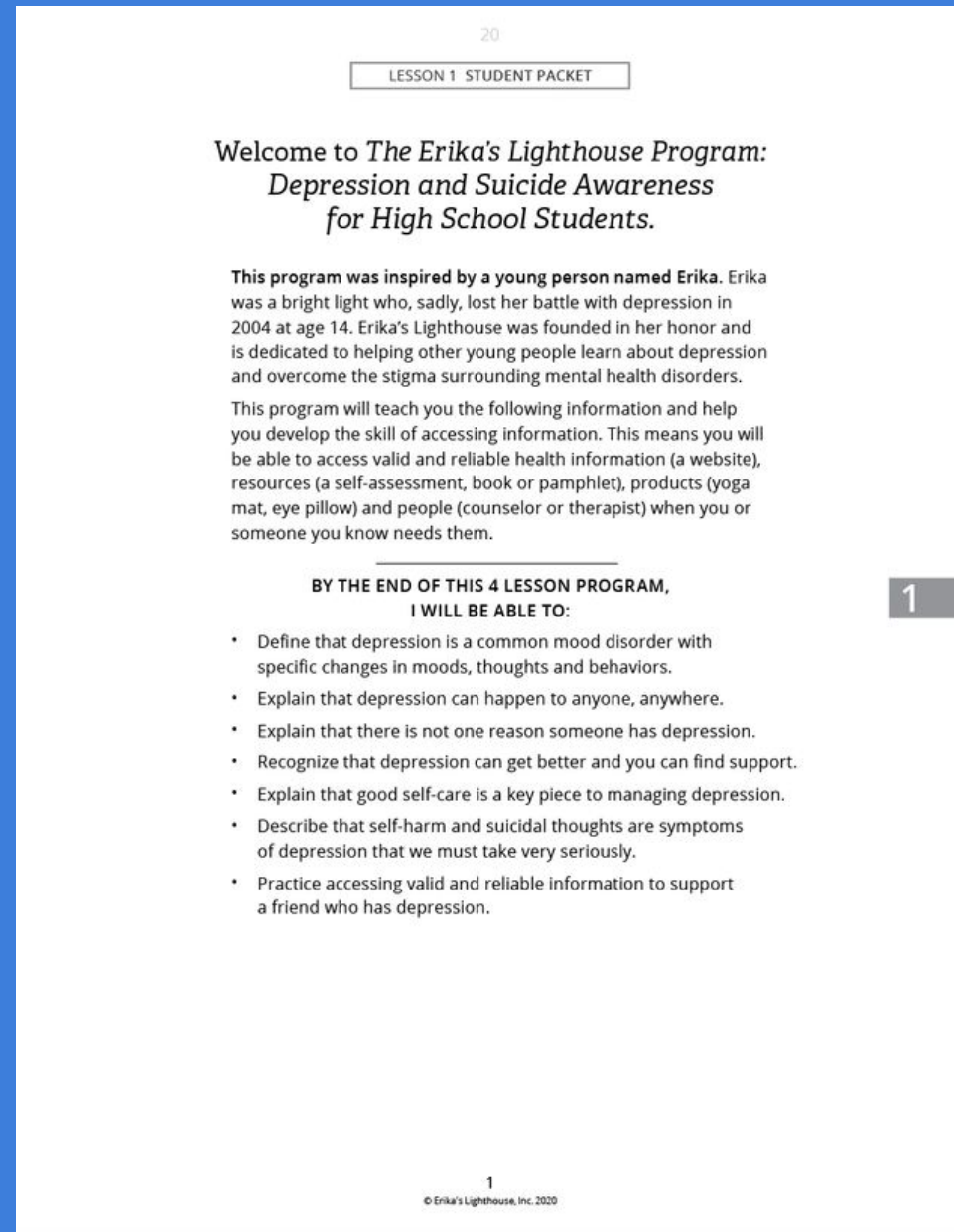
In your groups, match the terms with the definition

mood disorder

Directing someone in need of something for a review, further support or help.

mental health provider

Student Packets



1. Open your packet
2. Read the Introduction and objectives
3. Review the next page with the terms/definitions we just learned.



PROGRAM OBJECTIVES

By the end of this 4-lesson program, I will be able to...

- Define that depression is a common mood disorder with specific changes in moods, thoughts, and behaviors
- Explain that depression can happen to anyone, anywhere
- Explain that there is not one reason someone has depression
- Recognize that depression can get better and you can find support
- Explain that good self-care is a key piece to managing depression
- Describe that self-harm and suicidal thoughts are symptoms of depression that we must take very seriously
- Practice accessing valid and reliable information to support a friend that has depression



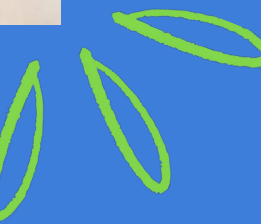
Video Part #1 (0:00-10:42)



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Post Video Questions

- What words or themes stood out to you?
- What information concerned you about what you heard?
- Do you think there are students in our school community that have depression?
- Knowing that students in our school may have depression, what does that mean for our school community?
- What are some mental health resources (meaning information) or people in our community that can help someone that is feeling depressed?



Access Valid & Reliable Resources

The ability to identify, obtain and make use of information effectively.



Step 1:
Identify When
You Need Help
& Information



Step 2:
Evaluate the
Validity of Help
& Information



Step 3:
Locate Valid
Help &
Information



Step 4:
Make a Plan to
Access Valid
Help &
Information



Step 5:
Reflect



Validity & Reliability


Validity:

Is the resource truthful?

Reliability:


Is the resource trustworthy & dependable?

NAME _____




ACCESS VALID & RELIABLE RESOURCES

RESOURCE	VALIDITY <i>(why)</i>	RELIABILITY <i>(why)</i>	
		YES	NO
		YES	NO
		NO	YES
		YES	NO
		NO	YES
		YES	NO
		NO	YES

 **Validity:** Is the resource truthful?

- Is the site or resource from a respected organization (.gov, .edu, or .org)?
- Is the site or resources current?
- Is there data that supports claims?
- Can you find the same information in another resource?

 **Reliability:** Is the resource trustworthy and dependable?

- Will you be able to access this resource when you need it?
- Is this resource free? If not, do you have the money you need to pay for this resource?
- Do you need/have permission to use this resource?
- Do you need transportation to access this resource? If so, do you have transportation?
- Are there any potential barriers to accessing this resource that need to be considered?

Health Skills Model: www.nrc.org/healthskills 5
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Learn About Depression

Prevent Depression

Treat Depression

Thrive with Depression

Help Someone

Thrive with Depression

If you think you may have depression, talk to a trusted adult. If you have been diagnosed with depression, the first step is to seek treatment from a professional. However, there are other measures you can take on your own to reduce the impact of depression symptoms in addition to therapy.

Many of these same steps can help you to improve your ability to manage everyday life stressors and reduce factors that may be putting you at risk for future mental health struggles. Check out our [Managing Your Depression](#) handout.



Exercise

It may seem impossible to workout while battling depression, but finding the will may be just what is needed. Studies have indicated that exercise may be just as effective as some medications. However, only you know your body and what is ultimately best.

[Harvard Medical School has a few tips to get started.](#)

[Here are some additional ways to find motivation.](#)

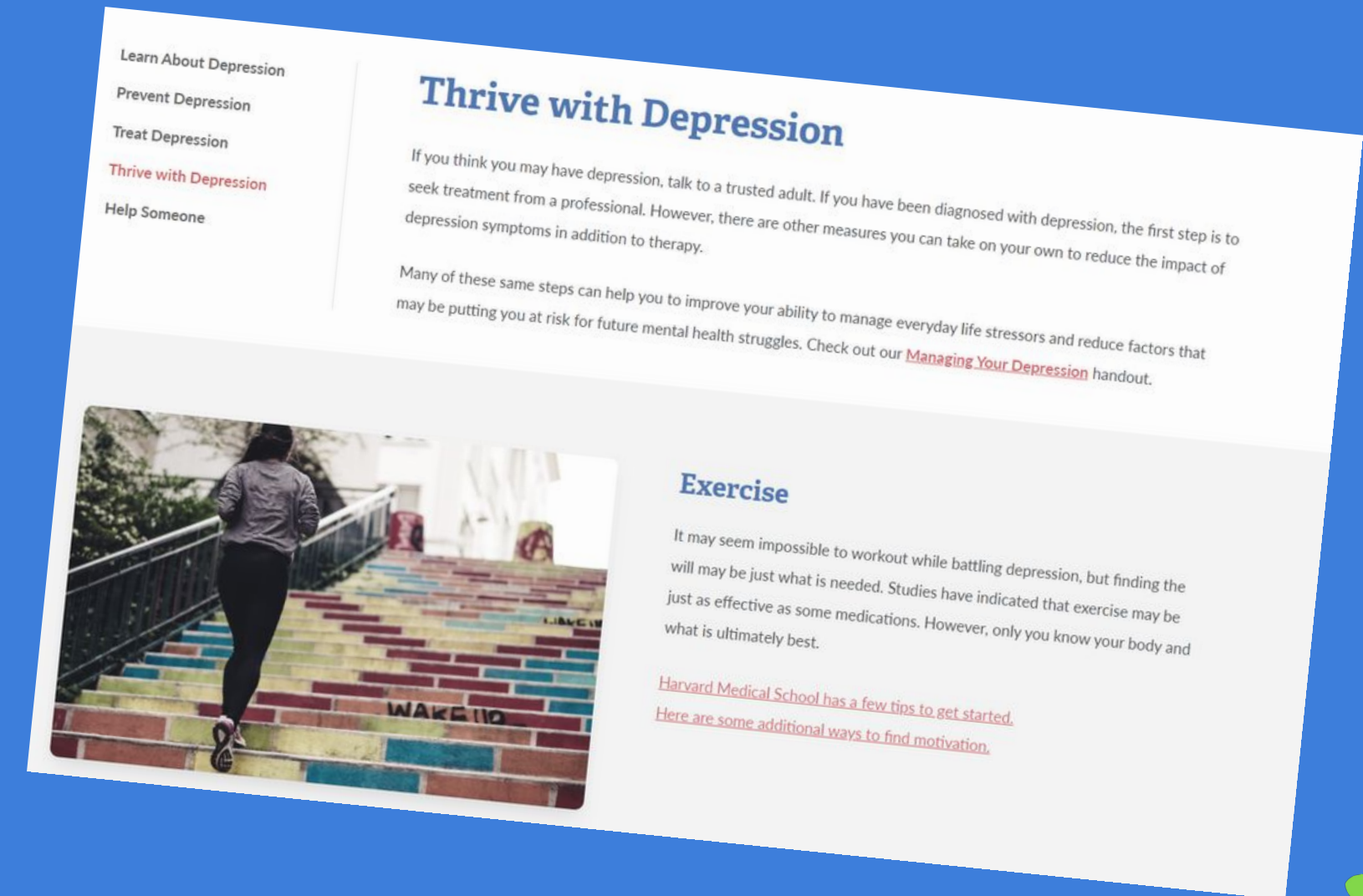
Why is this Page Valid & Reliable?

VALID

- Information on the page is up-to-date.
- There is a lot of information including: exercise, nutrition, sleep, avoiding other drug use, being mindful, practicing STOP and doing what you love

RELIABLE

- The purpose of Erika's Lighthouse is clear; They are not selling anything/not an advertisement



Closure

Today we:



Defined depression as a common mood disorder with specific changes in moods, thoughts and behaviors



Explained that depression can happen to anyone, anywhere



Learned how to use validity and reliability checklists to access information on depression



Recognized that depression can get better and you can find support



Explained that there's not one reason someone has depression

The valid and reliable trusted adults in our school are:

(Type your school counselor, social worker and/or psychologist's names here)

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**