

Welcome to Erika's Lighthouse

Level III:

Depression Education and Suicide Awareness.

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.

This program will teach you the following information and help you develop the skill of accessing information. This means you will be able to access valid and reliable health information (*example*: a website), resources (*example*: a self-assessment, book or pamphlet), products (*example*: yoga mat, eye pillow) and people (counselor or therapist) when you or someone you know needs them.

**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 who has depression.

TERMS AND DEFINITIONS

Here are the terms/definitions from the matching activity we just did. We will refer to these terms throughout the lessons.

depression	A common mood disorder with specific changes in moods, thoughts and behaviors.
mental health	A person's condition with regard to their psychological and emotional well-being.
mood disorder	A psychological disorder that impacts a person's mood substantially; such as depression or bipolar disorder.
accessing information	Ability to identify, obtain and make use of information effectively.
referral	Directing someone in need of something for a review, further support or help.
mental health resource	Services, people, information, treatment, counseling that assist an individual or group of people with mental or emotional illnesses.
mental health provider	A professional who diagnoses mental health conditions and provides treatment.

THE ERIKA'S LIGHTHOUSE *LEVEL III* VIDEO

As you watch the video, please feel free to doodle or take notes next to the learning goals. Otherwise, feel free to just watch the video if that's how you learn best.

As you watch the video, pay attention to your thoughts and feelings. The video might remind you of things that have happened in your life or in the lives of people you know. You might find that there's a particular story you connect with or a story that really affects you.

If anything today prompts a feeling that you need to talk to someone, please let your teacher or another trusted adult at school know. At the end of today's lesson, you will also be informed of how to connect with help at school should you ever be concerned about yourself or a friend.

CLASS DISCUSSION

(Write notes below as the class discusses these answers)

- What words or themes stood out for you?
- What information concerned you about what you heard?
- Do you think there are students here in our school community that have depression?
- How do you think students with depression might be taking care of themselves?
- 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) and people in our community that can help someone who is feeling depressed?



ACCESS VALID & RELIABLE RESOURCES

The video states that some adults are not comfortable talking about depression. So, next we are going to discuss how someone knows who to talk to and if they are a good resource.



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?

NAME _____



ACCESS VALID & RELIABLE RESOURCES

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



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