



**Erika's
Lighthouse®**

**Level III:
Depression Education &
Suicide Awareness**

LESSON TWO



Definitions

stigma

[/'stigma/]
noun

Stigma: a mark of shame associated with a particular circumstance, quality or person

self-care

[/'self kair/]
noun

Self-Care: the practice of taking action to improve one's health. This includes physical, social and emotional health

Review Prompts

- Who can define self-care and share what they do for self-care?
- What is a warning sign of depression?
- What is a cause of depression?
- Name a trusted adult in the school. How do you know they are a trusted adult?
- What does it mean when a resource is valid?
- What does it mean when a resource is reliable?



Video Part #2 (10:43-12:22)



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Student Stories

In your groups:

1. Read the story of your assigned person.
2. Go to the station associated with that person.
3. Read the questions and answer them on the chart paper.
4. Be prepared to share out your answers in the next lesson.

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LESSON 2 STUDENT PACKET

MASON

Today you'll work in small groups and read more about one of the students from the video. In your small group, take turns reading aloud each part of your student's story. When you're finished reading, discuss the reflection questions posted on the wall and jot down your group's answers on the chart paper on the wall.

Step 1: Identify When You Need Help & Information

Step 2: Analyze the Validity of Help & Information

Step 3: Locate Valid Help & Information

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

Step 5: Reflect

Health Skills Models: www.rmc.org/healthskills

MASON

Mason experienced depression and struggled with anxiety while in high school. He also learned that depression runs in his family. He found comfort in knowing his friends stood by him and never judged him for his depression. Mason shares how finding the right fit in a therapist and having a plan after hospitalization is important.

MASON 1

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MASON

2

nds were a big part in my return to being healthy, just helping
'they weren't necessarily a support [that] I talked to about my
it they were always there and never looked at me differently or

2

ing something that I love,
'hing because I'm having so
laying sports or making
uts me in a happy spot.
t mindset where you're
g in the outside world,
ppening right there, and
, that's the happiest.

MASON

ught about how [suicide] would affect everyone. And
, I realized it would affect so many different people in
about my close family, my sister, and how it wouldn't
t for her entire life.

to find a plan for the future because usually when
rest point. **When you're at your lowest point, you
lthy again. It's mainly to get that process started and
nent after you get out of the hospital.**

you're weak because you're going through that, but
your fault, and two, that you're pretty strong that
etty cool.

many more things in the future, I know how to
I'm capable of doing a lot more than [I think] I'm
th sailing, but that I know how to handle those

ke sure you keep up with friends and socialize
ool life. School is important, but having
being able to get out and talk to people is just as important as

What I would recommend if I had a friend going through what I had gone through, I would
say treat them how you've always treated them because they don't want to feel like they're
any different. Don't feel like you have to be a therapist to them, they just want you to be
there as a friend, to have someone to hang out with and do fun things with.

MASON 3

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Closure

Today we:



Learned about self-care and stigma



Read stories about different peoples' experience with depression and worked in groups to process those stories

There are optional extension questions in your packet.

The valid and reliable trusted adults in our school are:

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**