

Support

Lesson 3 of *The Erika's Lighthouse Program* is designed to raise your awareness of what might help you when you're having a difficult time, including what kind of people you will find supportive during times of stress.

You will learn more about self-harm and suicide during this lesson with reinforced opportunities to seek a trusted adult when you or someone you know might need it.

Suicide

Suicide is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.

— National Institute of Mental Health (NIMH)

3

Self-harm

When people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress.

— National Alliance on Mental Illness (NAMI)



What have you learned?

Scan this code to answer a short survey
or go to

<http://elhhspost.info>



NAME _____

Find someone who ...

can define self-care.

initial _____

can list a resource not at the school.

initial _____

is willing to share what they do for self-care.

initial _____

can list a warning sign of depression.

initial _____

can share a cause for depression.

initial _____

can name a trusted adult in the school.

name _____

initial _____

can define what it means when a resource is valid.

initial _____

can define what it means when a resource is reliable.

initial _____

can explain what stigma means.

initial _____