



OBJECTIVE //

- Promote mental health awareness
- Create awareness of stigma
- Promote help seeking for students or peers
- Promote seeking help from trusted adults

INSTRUCTIONS //

Materials

- Jar
- Lifesavers (candy/mints)
- Scissors or paper cutter
- Guess slips
- Lifesaver Fact Sheets
- Pens
- Prize for the winner (Snack, Gift card, Candy, etc.)

Assembly

1. Fill Jar with Lifesavers. Make sure you count how many are in the jar.
2. Print guess slips and Lifesaver Fact Sheets
3. Every person that fills out a guess slip should receive a Lifesaver Fact Sheet.

Application

- Set up a station in the cafeteria or another well seen location at school.
- Have the jar of lifesavers on the table along with "Be a Lifesaver" instructions. It may be helpful as well to indicate to students what the prize would be if they guess correctly.
- Provide students with guess slips and make sure every person that fills out a guess slip gets a Lifesaver Fact Sheet.
- Select a winner at the end of the activity.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



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GUESS SLIPS

How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



How many Lifesavers
are in the jar?

Name: _____

Guess: _____



Life Saver Fact Sheets

You can be a lifesaver in someone's life!



Did you know...

15-20% of teens will have a depressive episode before they reach adulthood. That's about 5 in a class of 25!

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!



www.erikaslighthouse.org

You can be a lifesaver in someone's life!



Did you know...

90-98% of all people who die by suicide have a diagnosable mental illness, the most common being depression.

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!



www.erikaslighthouse.org

You can be a lifesaver in someone's life!



Did you know...

Treatment for depression is available and effective, but more than 80% of people suffering from depression never receive treatment due to stigma.

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!



www.erikaslighthouse.org

You can be a lifesaver in someone's life!



Did you know...

The best way to help a friend is to communicate:
1) The changes you have noticed
2) That you care
3) Ask how you can help them take actions toward seeking help.

If you're concerned about yourself or a friend, talk to a trusted adult!
For more information, check out our website!



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**Did you know you can be a
lifesaver to someone with
depression?**



**Take a guess at how many
lifesavers are in the jar!
The closest guess wins a
prize!**



Erika's Lighthouse®