

# Ghostbuster Poster



## PURPOSE //

- Create awareness of the stigma that surrounds depression and mental health
- Educate students on how to reduce the stigma around depression
- Encourage conversations around mental health topics

## OBJECTIVE //

- Reduce stigma
- Share stigma and depression education

## INSTRUCTIONS //

### Materials

- Ghostbusters Poster about mental health
- Ghostbusters Poster about depression

### Application

- Hang posters around the building during Halloween season

### Assembly

1. Print out the Ghostbusters poster
2. Hang up in high-traffic areas around school

### Let us know how the activity goes!

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



@ErikasLH



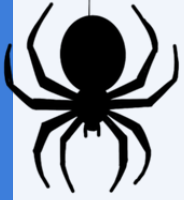
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Mental Health is not scary. Everyone has mental health, and mental health is just as important as physical health.



Unfortunately, many people have negative or inaccurate views of mental health and mental health problems.

**THIS IS CALLED STIGMA**

**YOU CAN HELP FIGHT THE STIGMA AROUND DEPRESSION BY:**

- Educating yourself about mental health
- Thinking of mental health in the same way you think about your physical health
- Listening non-judgmentally when someone talks about their mental health



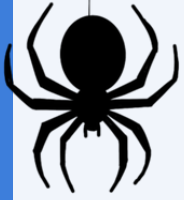
*Happy Halloween*

from the Erika's Lighthouse club, your mental health Stigma (Ghost) Busters!



**Erika's Lighthouse®**

For more information on mental health, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



Depression is nothing to be ashamed of. It is caused by genetic, biological, social and environmental factors. Seeking help for depression is a sign of strength.



Unfortunately, many people have negative or inaccurate views of people with depression.

**THIS IS CALLED STIGMA**

**YOU CAN HELP FIGHT THE STIGMA AROUND DEPRESSION BY:**

- Educating yourself about depression
- Listening non-judgmentally when someone talks about their depression
- Remembering that depression is only one small part of a person, it doesn't define them



*Happy Halloween*

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For more information on teen depression, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)