



# Heart to Heart Conversations

## PURPOSE //////////////////////////////////////////////////////////////////

- Promote mental health conversations to reduce stigma surrounding depression
- Spread positivity
- Create mental health awareness in your school building

## INSTRUCTIONS //////////////////////////////////////////////////////////////////

### Materials

- Printed hearts (see next page)
- Heart candy (small packets if possible)

### Application

- Valentine's Day can be extra special by handing out heart candy and attaching it to hearts promoting more conversations to reduce stigma surrounding mental health issues such as depression.

### Assembly

1. Cut out hearts
2. Attach the candy to the cut out hearts

**Let us know how the activity goes!**

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



*Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.*

**Happy Valentine's Day**  
*from the Erika's Lighthouse club!*

*Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.*

**Happy Valentine's Day**  
*from the Erika's Lighthouse club!*

*Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.*

**Happy Valentine's Day**  
*from the Erika's Lighthouse club!*

*Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.*

**Happy Valentine's Day**  
*from the Erika's Lighthouse club!*

*Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.*

**Happy Valentine's Day**  
*from the Erika's Lighthouse club!*

*Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.*

**Happy Valentine's Day**  
*from the Erika's Lighthouse club!*