

Follow the Footprints



PURPOSE //

- Educate students about teen depression
- Spread awareness of how to help a friend
- Lead students to a trusted adult/mental health professional (school counselor, social worker, nurse, etc.)

INSTRUCTIONS //

Materials

- Instruction poster
- Fact footprints
- Mental health professional footprint Blank footprint
- Tape
- Scissors (optional)

Application

- Attach the Fact Foot prints to the walls leading to the mental health professional's office.
- Attach the mental health professional foot print to the door to their office. The mental health professional may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

Assembly

1. Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
2. You can cut out the fact footprints or leave them as a whole sheet of paper.

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



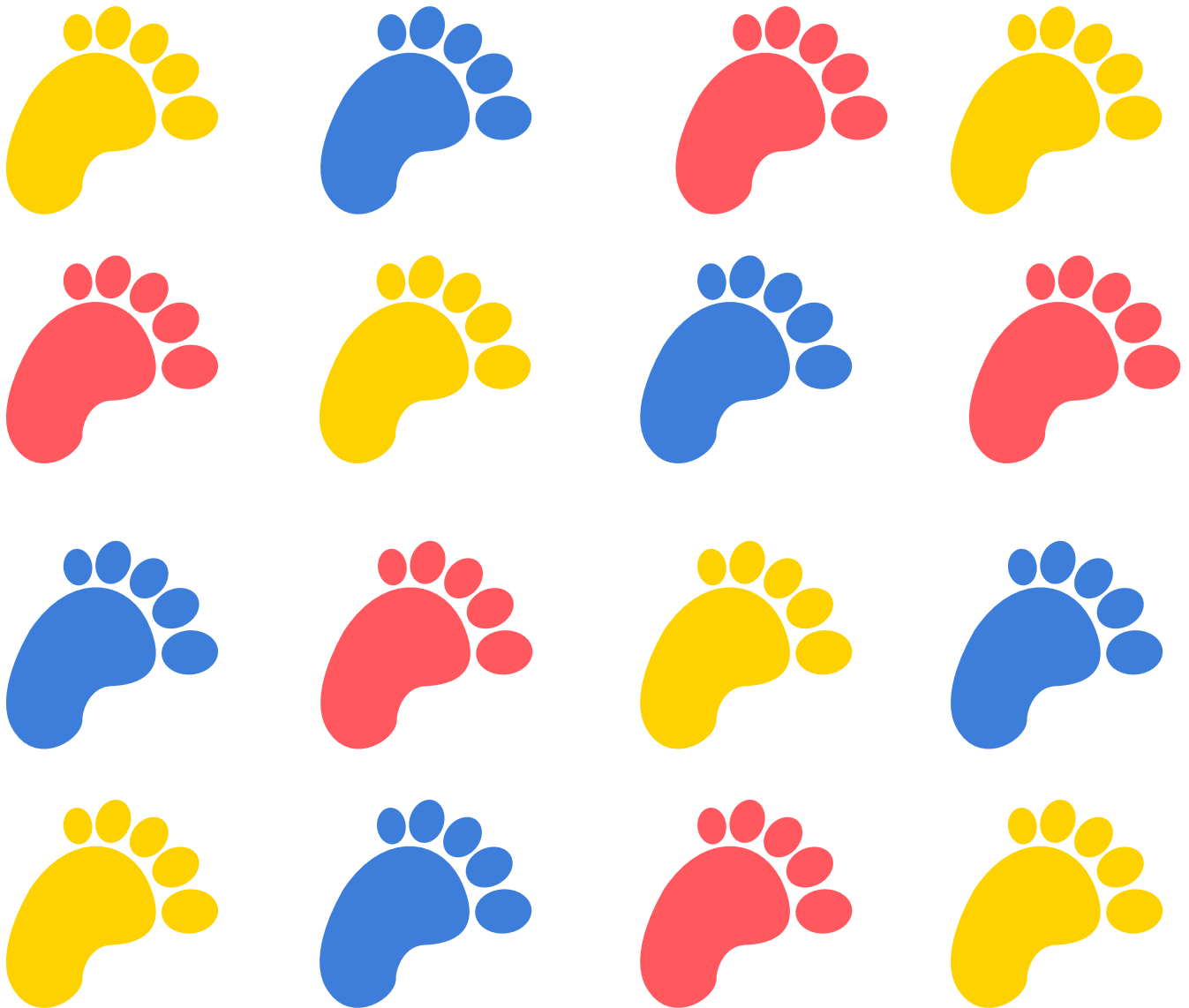
erikas.lighthouse



@Erika's Lighthouse

Have you seen the footprints around the school?

Follow the Footprints
to learn more about depression and get to
know your school's mental health staff!





Erika's Lighthouse

Did you know...

90% of youth who take their own life have a diagnosable mental disorder, the most common being depression.

For more information on mental health, check out www.ErikasLighthouse.org



Erika's Lighthouse

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!**

For more information on mental health,
check out www.ErikasLighthouse.org



Erika's Lighthouse

Did you know ...

**Between 20-50% of youth
have a family history of
depression, and are three
times more likely to
develop depression.**

**For more information on mental health,
check out www.ErikasLighthouse.org**



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Did you know ...

Healthy lifestyle choices can alleviate symptoms of depression. These include physical activity, good nutrition, and adequate sleep.

For more information on mental health, check out www.ErikasLighthouse.org



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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.

For more information on mental health, check out www.ErikasLighthouse.org



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Did you know ...

**The best way to help a friend
is to communicate:**

- 1) The changes that you
have noticed.**
- 2) That you care.**
- 3) Ask how you can help
them take action
toward seeking help.**

**For more information on mental health,
check out www.ErikasLighthouse.org**



Erika's Lighthouse

Did you know ...

42% of high school students report feelings of sadness or hopelessness.

If you feel this way, you are not alone. Talk to a trusted adult today.

For more information on mental health, check out www.ErikasLighthouse.org



Erika's Lighthouse

Did you know ...

School connectedness has been identified as a protective factor against risk-taking behaviors.

Only 61% of students report feeling close to people at school. Help make your school more inclusive and welcoming.

For more information on mental health, check out www.ErikasLighthouse.org



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Did you know ...

**Mental health conditions
often come together. 74% of
children with depression
also have anxiety.**

**For more information on mental health,
check out www.ErikasLighthouse.org**



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Welcome!

**We're so glad you made it!
I'm a trusted adult you can
talk to if you're concerned
about yourself or a friend.**

**Come on in
and Let's
Talk!**

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check out www.ErikasLighthouse.org**



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