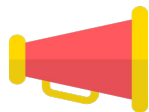




# Mental Health Student Leadership Academy: Be a Mental Health Leader



Raise Awareness



Break Stigma



Spread Empathy



# GOAL OF THIS TRAINING

For you to become educated on how to spread awareness and educate others about mental health using Awareness into Action Activities.





**Everyone deserves good  
mental health.**



# STIGMA

A mark of shame associated with a particular circumstance, quality, or person.



# HOW CAN YOU REDUCE STIGMA?



- Educate yourself.
- Educate others.
- Talk about it.
- Advocate.
- Promote positivity.
- Remind others that they are not alone.
- Awareness into Action Activities



# AWARENESS INTO ACTION ACTIVITIES



Awareness into Action Activities are the engines of change for schools around the world. These easy-to-implement campaigns help teens find their voice to raise awareness, reduce stigma and promote help-seeking.



# AWARENESS INTO ACTION ACTIVITIES

## INCLUSIVE SCHOOL CULTURE POSTERS

Everyone Deserves Good Mental Health Poster

PDF: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Get Depression Out of the Dark Poster

PDF: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Mental Health Is Important Poster

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Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

You Are Not Alone Poster

PDF: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

## ADVOCACY EFFORTS

Educate Peers and Teens: [PDF](#) | [Canva](#)

Educate Parents and Caregivers: [PDF](#) | [Canva](#)

Advocate for Depression Education: [PDF](#)

## POSITIVITY PROMOTERS

Take A Compliment Poster: [PDF](#) | [Canva](#)

Apps For Good Mental Health: [PDF](#) | [Canva](#)

Positivity Catcher: [PDF](#) | [Canva](#)

Wall of Inspiration: [PDF](#) | [Canva](#)

Send Some Encourage-Mint: [PDF](#) | [Canva](#)

Test Week Goodie Bags: [PDF](#) | [Canva](#)

Welcome Back Care Packages: [PDF](#) | [Canva](#)

Thanksgiving Gratitude Postcards (November): [PDF](#) | [Canva](#)

Holiday Card Activity (December): [PDF](#) | [Canva](#)

Heart to Heart Conversations (February): [PDF](#) | [Canva](#)

Shamrock Wall of Gratitude (March): [PDF](#) | [Canva](#)

28 Days of Mental Wellness: [PDF](#) | [Canva](#)

## VIRTUAL AND SOCIAL MEDIA ACTIVITIES

How To Utilize Virtual Awareness Into Action  
Activities: [PDF](#)

Virtual Valentine's Day #selflove: [PNG](#)

60 Second Mindfulness: [PNG](#)

## MINDFUL MOMENTS

How Full Is Your Cup?: [PDF](#)

Aromatherapy Play Dough: [PDF](#) | [Canva](#)

DIY Mini Sand Trays: [PDF](#) | [Canva](#)

DIY Stress Balls: [PDF](#) | [Canva](#)

Gratitude Jars or Journals: [PDF](#) | [Canva](#) | [Virtual](#)

How Do You Feel Today?: [PDF](#) | [Canva](#) | [Virtual](#)

Pumpkin Patch (October): [PDF](#) | [Canva](#)

10 Ways to Relieve Stress During Finals Week: [PDF](#) | [Canva](#) | [Virtual](#)

New Year Mini Vision Board (January): [PDF](#) | [Canva](#)

## EDUCATION EFFORTS

Five Subject Classroom Signs: [PDF](#) | [Canva](#)

Be a Lifesaver – Take A Guess: [PDF](#) | [Canva](#)

Mental Health Posters: [PDF](#) | [Canva](#)

Sharpen Your Knowledge About Depression: [PDF](#) | [Canva](#)

Lunch Table Education: [PDF](#) | [Canva](#)

Ghostbuster Poster (October): [PDF](#) | [Canva](#)

## YOU ARE NOT ALONE REMINDERS

Beacon of Hope Door Signs: [PDF](#) | [Canva](#) | [Virtual](#)

Beacon of Hope Thank You: [PDF](#) | [Canva](#)

Follow the Footprints: [PDF](#) | [Canva](#)

Now or Later: [PDF](#) | [Canva](#)

Suicide Prevention Awareness Month (September): [PDF](#) | [Canva](#)

Mental Health Awareness Week (October): [PDF](#) | [Canva](#)

# NORMALIZING CONVERSATIONS



Erika's Lighthouse Teen Empowerment  
Awareness Into Action Activities  
Mindful Moments

## How are you feeling today?

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Erikas.lighthouse.org

Erika's Lighthouse Teen Empowerment  
Awareness Into Action Activities  
Popularity Promoter

## Table Tents

**PURPOSE** ///////////////////////////////////////////////////////////////////

- Spread awareness and education about depression
- Share hopeful messaging
- Educate students on ways to stay mentally healthy

**INSTRUCTIONS** ///////////////////////////////////////////////////////////////////

**Materials**

- Table tents
- Scissors or paper cutter
- Card stock or heavier paper (optional)
- Bookmarks (optional)

**Assembly**

1. Print the table tents on card stock or heavier paper. This will help them stand up when you fold them. You can also print copies of our Teen Bookmarks on our Resource Portal at [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org).
2. Cut the table tents along the dotted line.
3. Fold the table tents along solid line.

**OBJECTIVE** ///////////////////////////////////////////////////////////////////

- Create mental health awareness
- Reduce Stigma

**Application**

- Set up a table for educational information about depression somewhere in your school. Good locations for these would be in a cafeteria, teacher's lounge, nurse's office, or in the mental health professional's office.
- Place the table tents and bookmarks on the table to educate about depression.

**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

Contact [Nathalia@ErikasLighthouse.org](mailto:Nathalia@ErikasLighthouse.org) for more information

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Erikas.lighthouse.org

**You are  
not alone.  
There is  
hope.**

If you think you may be experiencing depression, talk to a trusted adult today.



**Mental  
health is just  
as important  
as physical  
health.**

Take care of your mental health. Talk to a trusted adult today.



**Get  
Depression  
Out of  
the Dark.**

If you may be experiencing depression, talk to a trusted adult today.



**Everyone  
deserves  
good  
mental  
health.**

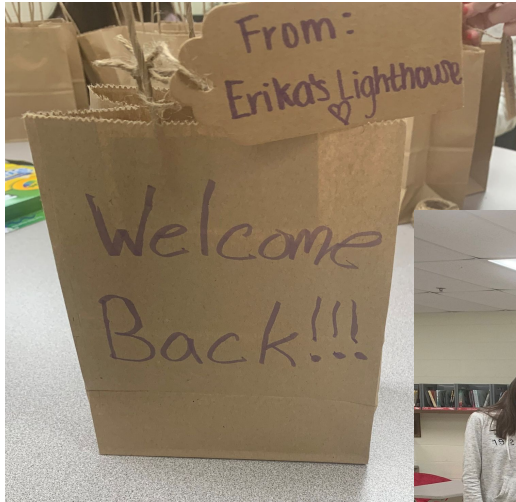
You deserve to feel better, talk to a trusted adult today.



# INCLUSIVE SCHOOL CULTURE POSTERS



# Welcome Back Care Packages



## "Welcome Back" Care Packages

### Materials

Your students can custom design their own care packages and decide what they'd like to include or you can give them suggestions such as:

- Mini container of Play-Do
- Mini bottle of hand lotion
- Mini notebook/journal
- Mini coloring book and a small pack of crayons or colored pencils
- Healthy snacks, such as granola bars or fruit strips
- A handout reminding students of resources they can utilize as they transition back to school (tutoring resources, counseling resources, etc.)



### Assembly

- Students and sponsors in the Teen Club can put together welcome back packages for all students at the start of the semester, or care packages to give to a student when the student returns to school after a hospitalization (for mental health or physical health reasons) or extended absence.
- On page 3 of this document, you'll find a card template you can customize for your school. Students can decorate the cards during a meeting and write notes on the inside.

# Beacon of Hope Door Signs



Erika's Lighthouse Teen Empowerment Awareness into Action Activities You Are Not Alone Reminders

## Beacon of Hope Wooden Door Signs

**PURPOSE**

- Allow teachers or staff in your building to participate in the Beacon of Hope program by providing them with a wooden sign to hang on their door saying that they are a Beacon of Hope. This will indicate to students that they are a trusted adult to go to if the student is ever looking for help for themselves or a friend.
- For an extra boost of education in your building, consider ways to further educate your teachers and staff about teen depression and good mental health.

**INSTRUCTIONS**

**Materials**

- Unfinished hanging wood signs (order on Amazon or a craft store) Paint or a Cricut machine
- Notecards - colored index cards
- Clear pockets to hold the notecards
- Twine or rope to hang sign
- Command hooks

**Assembly**

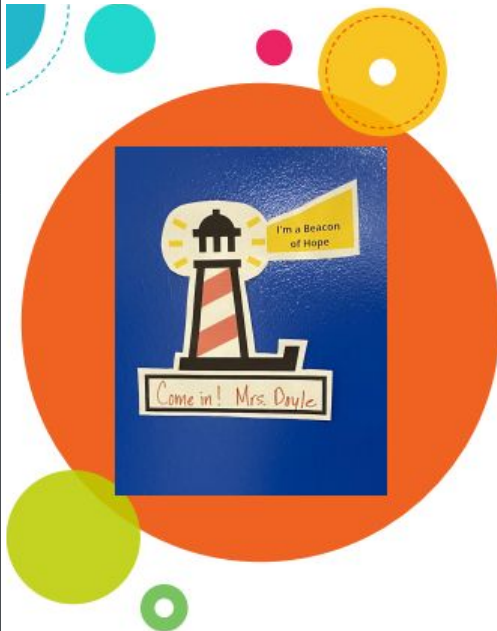
- Create the following using a Cricut machine: teacher names, the lighthouse, the red and the white inserts for the lighthouse, and the orange "lights" for the lighthouse. If a Cricut machine is not available, club members can also paint directly onto the wood signs.
- Have the club members create an assembly line. Some can put the names on the signs, some put the lighthouses on, some put the red, white and orange accents on, and some put the clear plastic pockets on.
- Club members can then make the note cards with different inspirational sayings. After all the signs are made, club members can choose some of the cards to insert into the clear plastic holders.
- Optional: attach rope or twine to the back of the sign.
- Club members can then put them in teachers' mailboxes, along with the command hook.

Thank you to Ho-Ho-Kus School in New Jersey for this activity.

Let us know how the activity goes! We'd love to hear from you or receive pictures or tag us on social media:

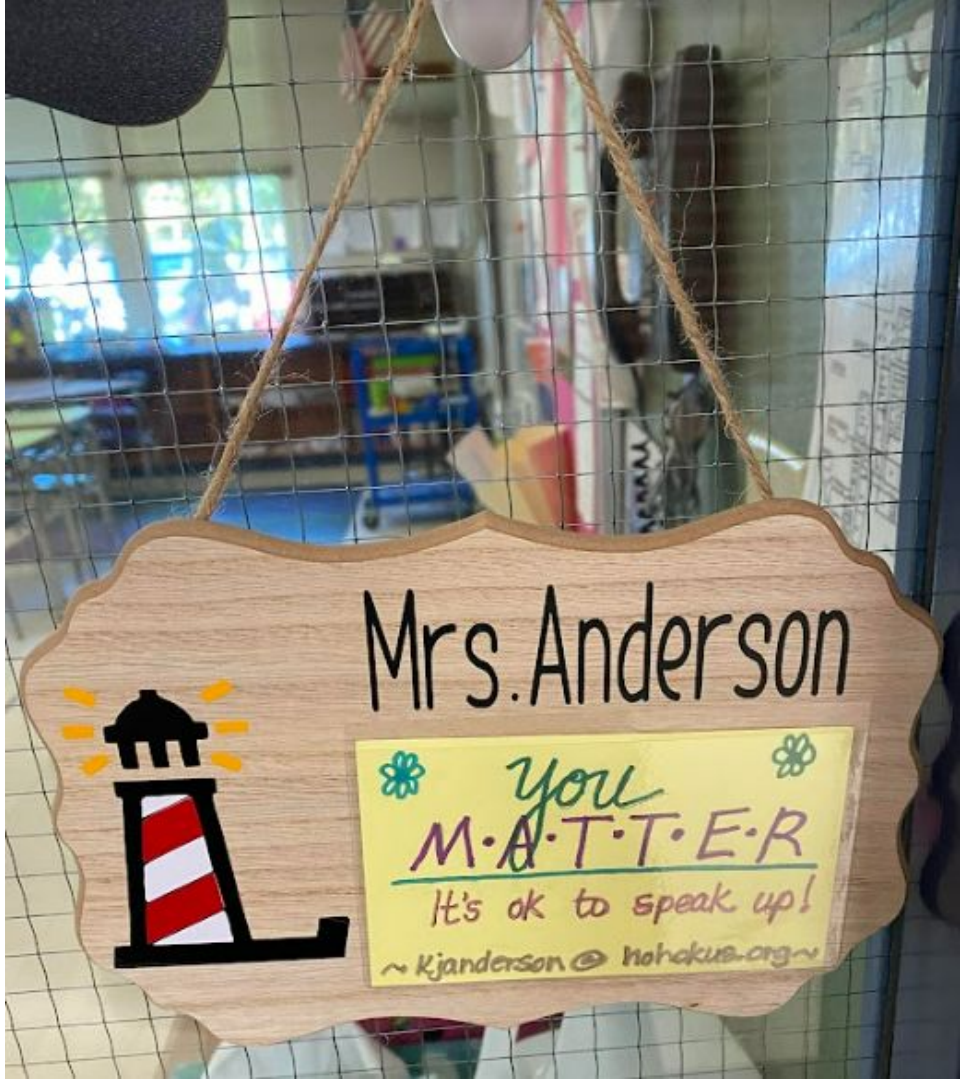
[f](#) @ErikasLH [t](#) @ErikasLH [i](#) erikas.lighthouse [in](#) @Erika's Lighthouse

Contact Nathalia@erikaslighthouse.org for more information



Teachers chose to display Lighthouses on their doors to indicate they were "Beacons of Hope" for good mental health.





“I am a  
Beacon of  
Hope”



# Beacon of Hope Mural



If your reading this, you are awesome! You can face any challenge that comes your way! Stay Strong!

Hey there! You might be going through a lot, but you got this! Remember to ask for help when you need it!

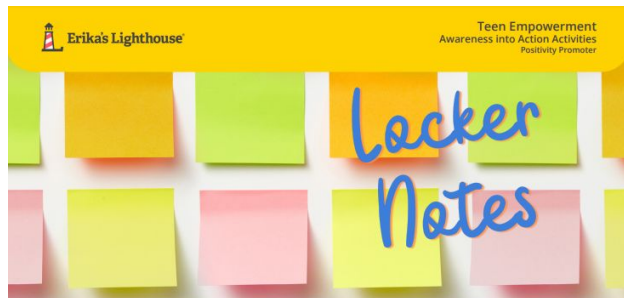
*Everyone deserves good mental health. You deserve to feel better, talk to a trusted adult today.*

*Feeling stressed? Just a reminder, you are NOT alone! If you need help, ask!*

*Check in on a friend today! You never know how much that might mean to them!*

*If you find yourself struggling today, don't be embarrassed to ask for help.*

# Locker Notes



## PURPOSE

- Writing down inspirational quotes or our favorite quotes can help motivate us and create a positive outlook on our daily lives
- Reframing our brains to think positively is essential to having good mental health, and a happy and successful life

## OBJECTIVE

- Promote positive thinking
- Motivate students

## INSTRUCTIONS

### Materials

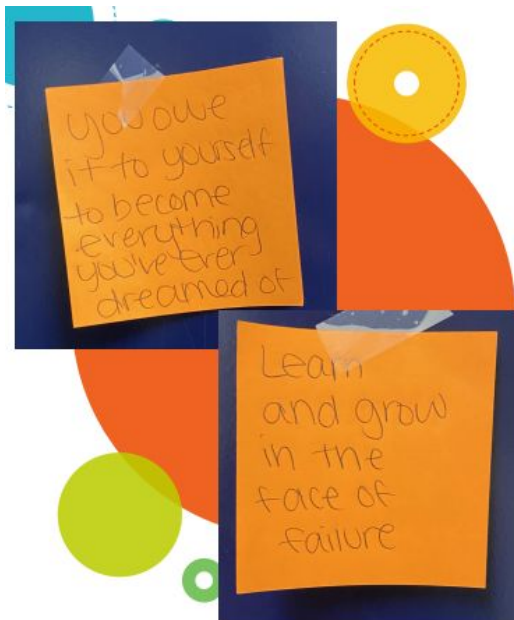
- Sticky notes or index cards
- Markers or Pens
- Tape

### Application

- Apply the Locker notes on lockers

### Assembly

1. Have students write down their favorite quotes and/or inspirational and positive notes.



The Friday group wrote soooo many notes!!! They put one on every single locker and all over the rest of the school!



### Let us know how the activity goes!

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



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@ErikasLH



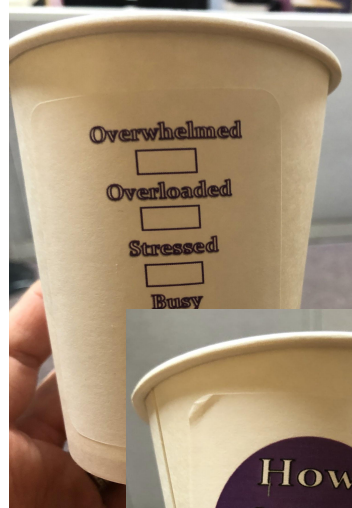
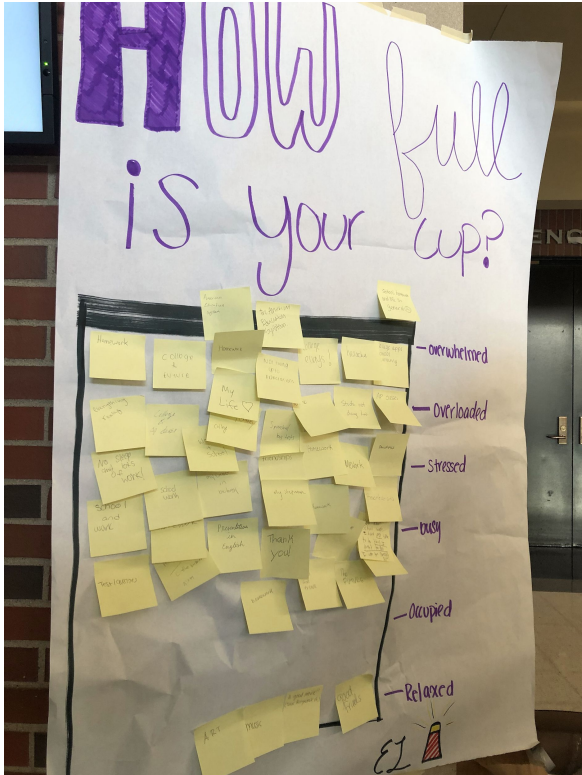
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# How Full Is Your Cup?



Teen Empowerment  
Awareness into Action Activities  
Mindful Moments

## How full is your cup?

**PURPOSE** //////////////////////////////////////////////////////////////////

- This activity helps students identify stress along with their capacity for stress, likening it to an overflowing cup of coffee.
- This activity emphasizes that we can reduce our stress by "emptying our cups," which thus impacts our overall mental well-being.

**OBJECTIVE** //////////////////////////////////////////////////////////////////

- The messages of this activity:
- I have a cup and it fills up.
- My cup fills up differently than anyone else's.
- I can learn to empty my cup.

**INSTRUCTIONS** //////////////////////////////////////////////////////////////////

**Materials**

- Paper cups
- Hot chocolate
- Post-it notes
- Pens, markers
- Large poster for students to place post-it notes (created ahead of time)
- Pre-made stickers for cups (Optional) - see below

**Assembly**

- Set up a table
- Write on the cups or put stickers on (See example in pictures below)
- Easel pad sheet or Poster board
- Serve hot chocolate

**Application**

- A school club, such as an Erika's Lighthouse Teen Empowerment Club, can lead this activity in the morning as students arrive, at lunch, or as students leave the building in the afternoon.
- Hot chocolate can be served in provided cups (with stickers put on them) to students who participate.
- Students can list their stressors on post-it notes or can list what might help them out at a specific "fullness" level - overwhelmed, overloaded, stressed, busy, occupied, and relaxed.

**Let us know how the activity goes!**  
We'd love to hear from you or receive pictures or tag us on social media:

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# Follow the Footprints...to the counselor or social workers' offices



Teen Empowerment  
Awareness into Action Activities  
You Are Not Alone Reminders

## 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 Footprints to the walls leading to the mental health professional's office.
- Attach the mental health professional footprint 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**

- Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
- 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:

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# Take A Compliment



# Walls of Inspiration



## PURPOSE

- Spread Positivity
- Share inspirational quotes

## OBJECTIVE

- For students to read inspirational and motivational quotes when they walk through a hallway or see a classroom

## INSTRUCTIONS

### Materials

- Large Index Cards
- Markers or Pens
- Tape or Thumb Tacks

### Application

- Post all of the quotes on a wall/bulletin board for the school to see.
- Involve the whole school if you can!

### Assembly

1. Have students write down their favorite quotes on the large index cards.

Let us know how the activity goes!

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



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# Send Some Encourage-Mint



## Encourage-mints

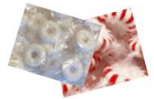
### PURPOSE

- Promotes positivity
- Encourage students throughout the day
- Share positive messages and teen depression resources

### INSTRUCTIONS

#### Materials

- Encourage-mint notes (see next pages)
- Mints of any kind (individually wrapped)



#### Assembly

1. Cut out "Encourage-Mint" notes (Prefilled or template)
2. Fill in an encouragement in the circle (optional)
3. Sign the name of your club (Optional)
4. Attach a mint

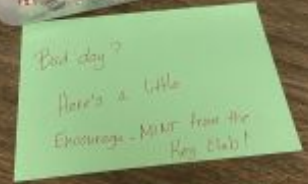
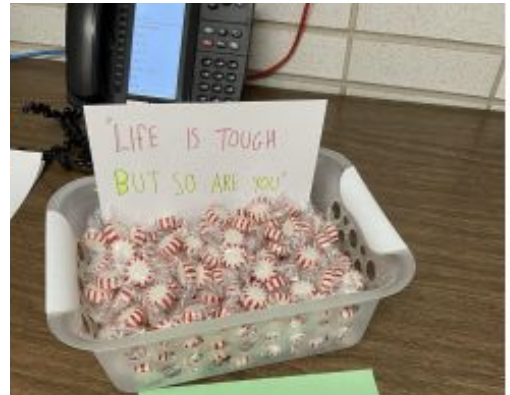
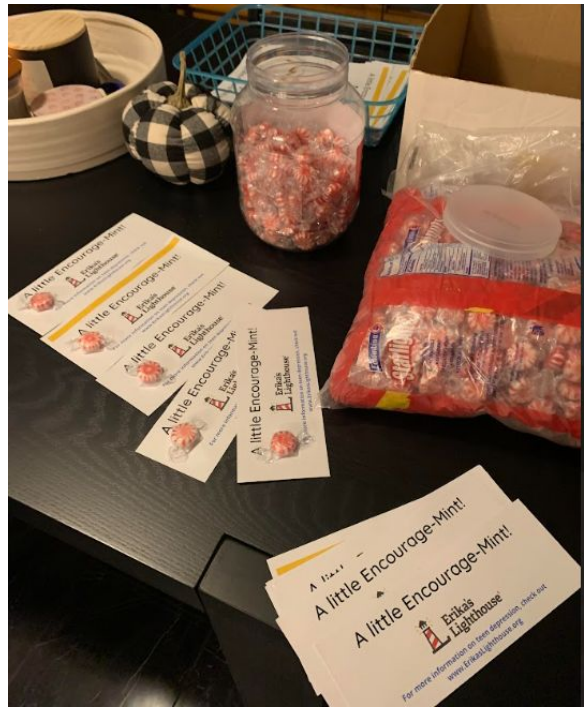
#### Application

- Put together the note and a mint and hand them out to students to spread positivity 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:



Contact Nathalia@erikaslighthouse.org for more information



**AWARENESS  
INTO  
ACTION  
ACTIVITIES**

# A Year of AAAs

## FALL

GIVE VOICE to Suicide Prevention Week in September  
Sharpen Your Knowledge about Depression (EE\*)  
Educate Peers and Teens (AE)  
Pumpkin Patch (MM)  
Thanksgiving Gratitude Postcards (PP)

## WINTER

Send some Encourage-Mint (PP)  
Advocate for Depression Education (AE)  
How Full is Your Cup? (MM)  
Shamrock Wall of Gratitude (PP)

## SPRING

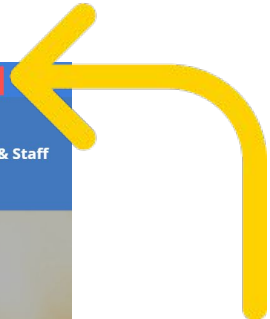
Lunch Table Education (EE)  
Educate Parents and Caregivers (AE)  
Follow the Footprints (YR)  
Positivity Pledge for Mental Health Awareness Month (May)

## FUNDRAISING IDEAS

Beacon of Hope Community Walk & Fun Run  
Shine Bright NEON Dance Relay

\*AE = Advocacy Efforts EE=Education Efforts MM = Mindful Moments  
PP = Positivity Promoters YR = You Are Not Alone Reminders

# HOW TO ACCESS OUR RESOURCES



Go to [Erikaslighthouse.org](https://Erikaslighthouse.org)  
Click on **Access Resources**  
Click **Create an Account**



# Resource Portal

Level I: We All Have Mental Health (Grades 4-6) ●

Level II: Depression Awareness (Grades 5-9) ●

Level III: Depression Education & Suicide Awareness (Grades 8-12) ●

Optional Program Additions ●

Teen Empowerment Clubs ●

Awareness into Action Activities (Schoolwide) ●

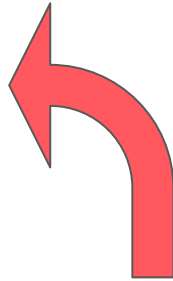
Family Engagement & Education ●

School Policy & Staff Development ●

Key Club & SADD Nation Resources ●

Community Ambassadors ●

Archived Programs ●



## Awareness into Action Activities (Schoolwide)

Check out these school-wide activities that clubs, educators, or families can use. Many were developed by Erika's Lighthouse and other Teen Empowerment Clubs. [Click here](#) and see how you can incorporate AAA's all year-long!

### INCLUSIVE SCHOOL CULTURE POSTERS

[Everyone Deserves Good Mental Health Poster](#)

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Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Spanish: [24" x 36"](#)

[Get Depression Out of the Dark Poster](#)

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Canva: [8.5" x 11"](#) | [11" x 17"](#) | [24" x 36"](#)

Spanish: [11" x 17"](#)

### POSITIVITY PROMOTERS

**NEW!** [Beacon of Hope Mural](#): [PDF](#) | [Canva](#)

**NEW!** [Locker Notes](#): [PDF](#) | [Canva](#)

[Take A Compliment Poster](#): [PDF](#) | [Canva](#) | [Spanish](#)

[Apps For Good Mental Health](#): [PDF](#) | [Canva](#)

[Positivity Catcher](#): [PDF](#) | [Canva](#) | [Spanish](#)

[Wall of Inspiration](#): [PDF](#) | [Canva](#)

[Send Some Encourage-Mint](#): [PDF](#) | [Canva](#)

[Test Week Goodie Bags](#): [PDF](#) | [Canva](#)

[Welcome Back Care Packages](#): [PDF](#) | [Canva](#)

[Thanksgiving Gratitude Postcards \(November\)](#): [PDF](#)

| [Canva](#)

[Holiday Card Activity \(December\)](#): [PDF](#) | [Canva](#)

[Heart to Heart Conversations \(February\)](#): [PDF](#) |

[Canva](#)

[Shamrock Wall of Gratitude \(March\)](#): [PDF](#) | [Canva](#)

[28 Days of Mental Wellness](#): [PDF](#) | [Canva](#)



If you or a friend need immediate support, talk to an adult or dial 911.

Suicide & Crisis Lifeline:

*(call, text or chat)*

988

Crisis Text Line:

Text "Listen" to 741741





**Erika's Lighthouse**

A Beacon of Hope for Adolescent Depression®

**Thank you!**

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