



**Erika's  
Lighthouse<sup>®</sup>**

**Level II: Depression Awareness**



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**One-Day Lesson**



# You will...

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-  Define that depression is a mood disorder
-  Describe the signs & symptoms of depression
-  Identify a reliable, trusted adult at school and/or in the community
-  Discuss how to maintain good mental health



# Erika's Lighthouse Overview

This program was inspired by a young person named Erika. Erika was a bright light who, sadly, lost her battle with depression in 2004, at age 14.

Erika's Lighthouse was founded in her honor and is **dedicated to helping other young people learn about depression and overcome the stigma surrounding mental health disorders.**



Erika's Lighthouse

# *The Video*



## **LEVEL II: Depression Awareness**



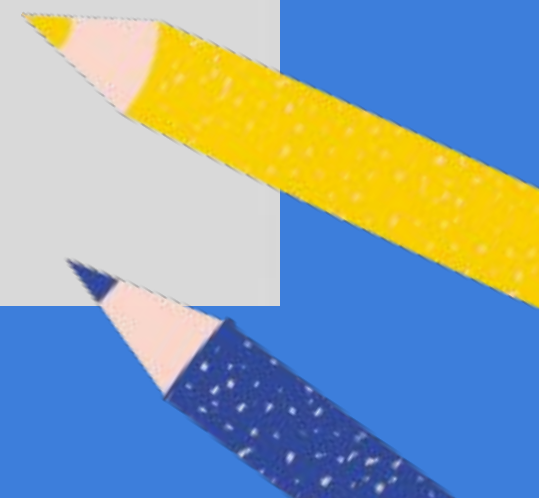


# Discussion

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**What are the symptoms of depression?**

**Give an example of what that could look like in a teen.**






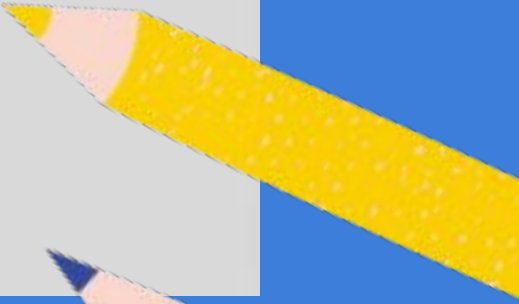


# Symptoms

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- ① Depressed mood, sadness or irritability
- ① Loss of interest or pleasure in activities
- ① Change in weight or appetite
- ① Change in sleep
- ① Feeling sped up or slowed down
- ① Fatigue or loss of energy
- ① Feelings of worthlessness or guilt
- ① Trouble concentrating or making decisions
- ① Thoughts of death or acts of self-harm

*5 symptoms present  
most of every day  
for at least 2 weeks*




If you are worried about yourself or a friend, you should always talk to a

# Trusted Adult

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When I say the words **TRUSTED ADULT**, what characteristics or traits come to mind?

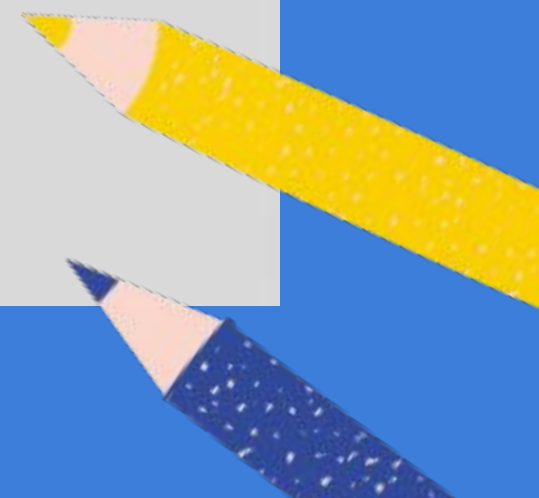




# You can get help for yourself or a friend by saying something

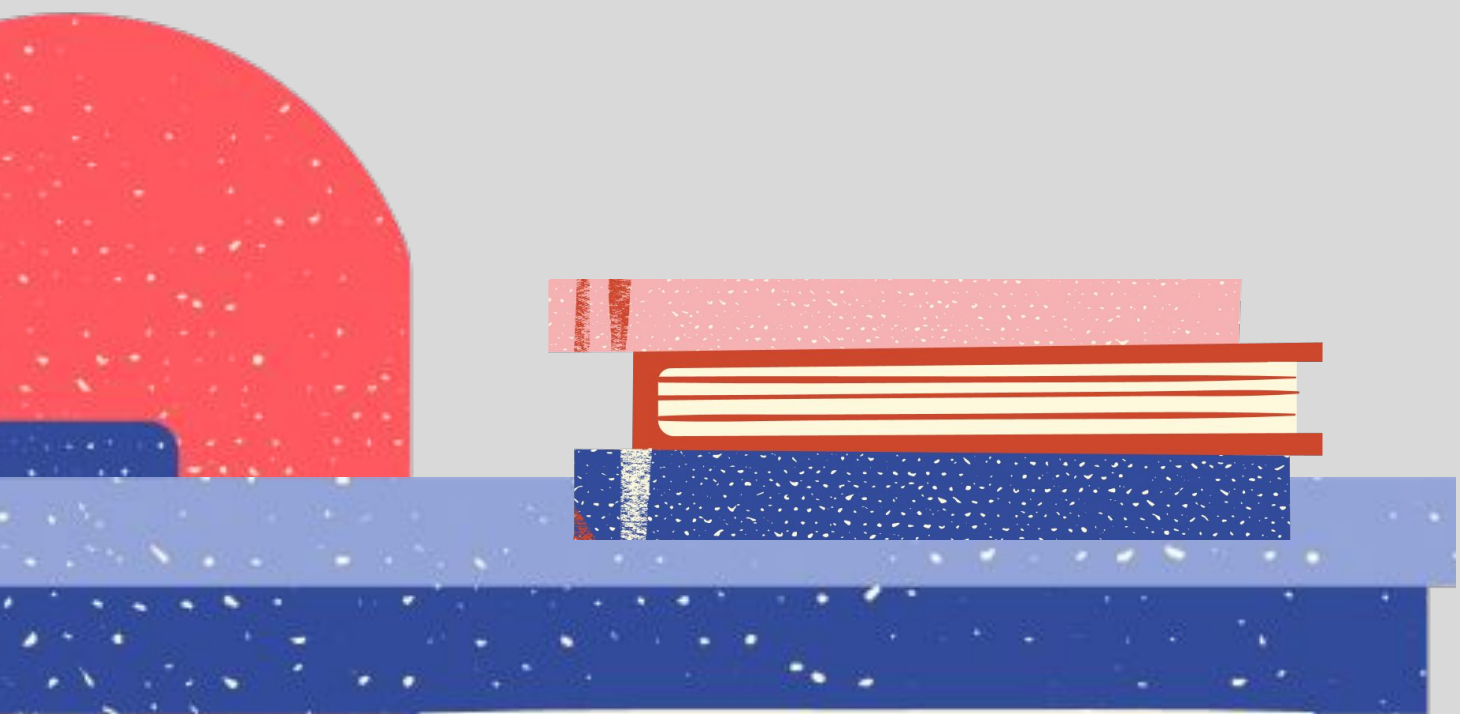
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- ① How to talk to a trusted adult
- ① How to talk to a friend in need

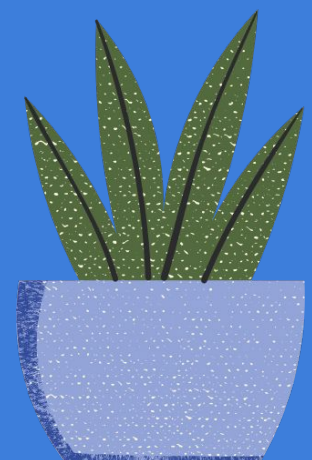
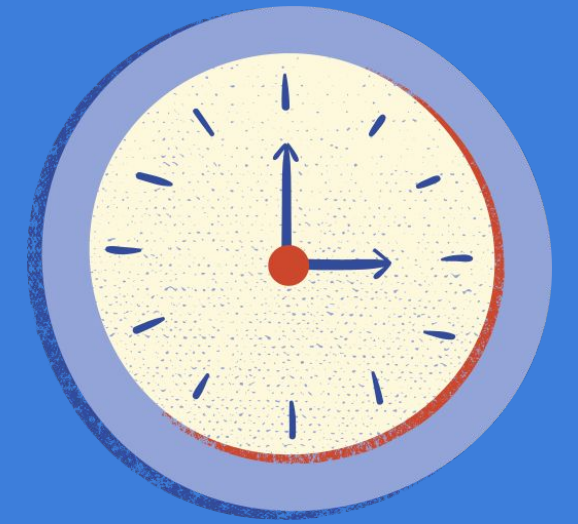




# Role Play



*Hey Mom,*  
Can we talk?





**YOU:**

Hey, Mom, can we talk?

**MOM:**

Sure. What's going on?

**YOU:**

Lately, I haven't been feeling like myself. I feel sad and angry all the time. I'm constantly tired, and I can't focus in school.

**MOM:**

I've gone through periods like this when I was your age. Hang in there and I'm sure things will get better with a little time.

**YOU:**

Well, usually when I'm down I feel better if I go for a run or talk to someone. This time I can't seem to shake it. It's been like this for a few weeks now. I even took a depression test online and it reported that I should see a doctor to get it checked out.

**MOM:**

Really?

**YOU:**

Yeah, I think I need to talk to someone. Can you help me set up an appointment with my doctor?

**MOM:**

Sure. I think that's a great idea.



*Hey Sam,*  
Can we talk?



**YOU:** Hey, can we talk? Over the past few weeks, I've noticed you've been hanging back a lot – not calling or texting me much anymore and skipping out on me and our friends. Recently, you have even missed quite a few play practices. In general, you seem down. This isn't like you. What's going on?

**FRIEND:** I'm sorry; I've been feeling weird lately.

**YOU:** I can tell something is different. I'm worried about you and I care.

**FRIEND:** You don't have to worry. I'm sure I'll snap out of it, eventually.

**YOU:** You deserve to feel better now and, who knows, it could be something serious like depression. Have you told an adult yet?

**FRIEND:** No.

**YOU:** An adult should know so they can help you find a professional to check it out. Who do you feel comfortable talking to?

**FRIEND:** I guess, Mr. Clark.

**YOU:** I think he's a great choice. Would you like me to come with you? It might make you more comfortable.

**FRIEND:** Uh, sure. Yeah, I'd like that

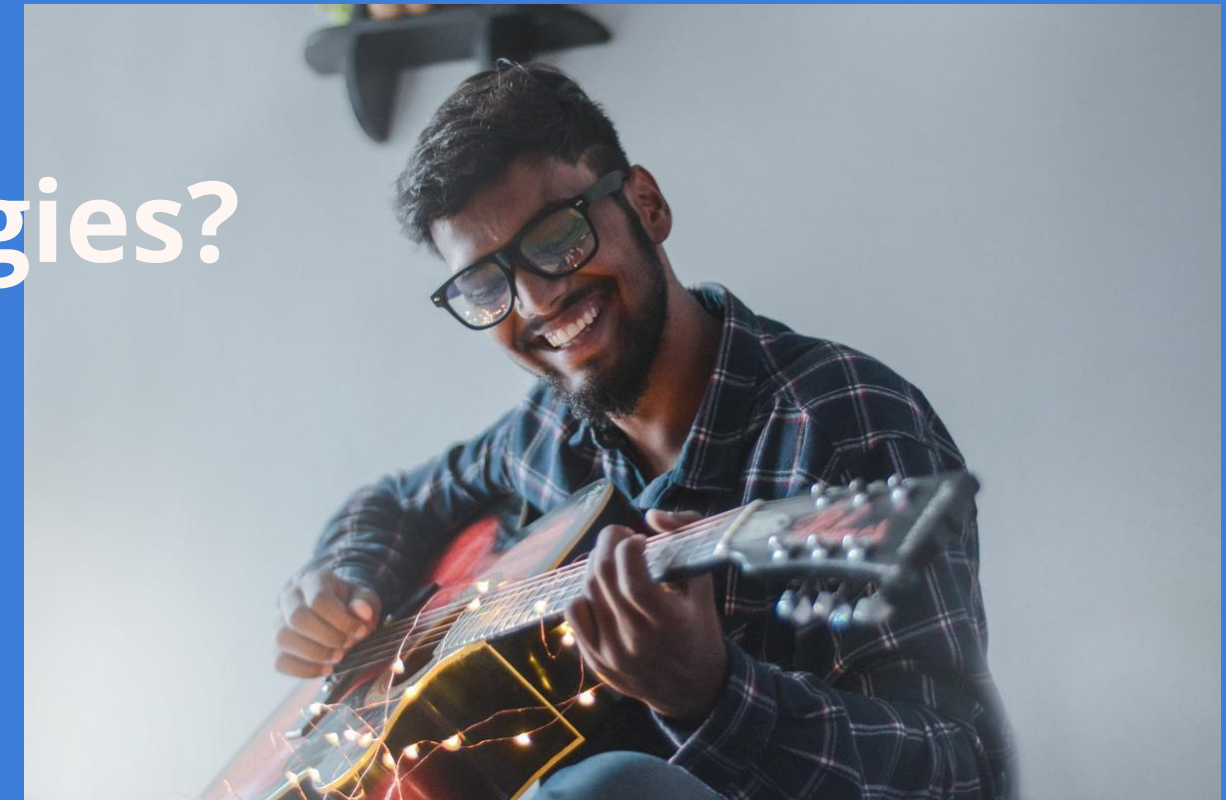




# Good Mental Health



What are some coping strategies?



Good Mental Health Practices can  
include.....



Erika's Lighthouse





# Self-Referral Cards

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## SELF-REFERRAL CARD

Please fill out the **ENTIRE** card, fold it in half and turn it in to your teacher.

Name \_\_\_\_\_

Classroom  
Teacher \_\_\_\_\_

Period \_\_\_\_\_

**After hearing the presentation,**

- I **would like** to talk to a mental health worker in the **next 24 hours**.
  - I **would like** to talk to a mental health worker in the **next week**.
  - I **would not like** to talk to a mental health worker.
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