Erika's Lighthouse®

Level II: Depression Awareness

One-Day Lesson

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You will...

- 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

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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.

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The Video

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A Beacon of Hope for Adolescent Depression®

Level II:

Depression Awareness

A One-Day Program Designed for Grades 5-9

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Discussion

What are the symptoms of depression?

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

Symptoms

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

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

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

Trusted Adult

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

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

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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

Coping Strategies

Good Mental Health Practices

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Self-Referral Cards

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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988 SUICIDE & CRISIS LIFELINE

Whatever time: Day. Night. Weekend.
Whatever the reason: Mental health distress. Thoughts of suicide. Worried about a friend or loved one. Would like emotional support.
The 988 Suicide & Crisis Lifeline is here for you.
Text or Call **988** | Chat **988lifeline.org** |
For emergencies, call **911**

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