

Give Voice to Suicide Prevention with Erika's Lighthouse

September 8 - 14, 2024 is Suicide Prevention Week.
Join us by taking part in the Give Voice Campaign.

Give Voice to **Education**

Give Voice to **Help-Seeking**

Give Voice to **Positivity**

Give Voice to **Awareness**

Give Voice to **Yourself**



Give Voice to Suicide Prevention



Monday

Give Voice to Education

Advocate for Education (pages 3-4): Advocate for your school to have curriculum about mental health. Schedule a meeting to show your school admin or decision-makers some of the free resources available from Erika's Lighthouse. Prepare for that meeting using this helpful guide on how to go to that meeting ready to show them what is available!

Tuesday

Give Voice to Help-Seeking

Beacon of Hope Signs (pages 5-7): One of the biggest barriers to seeking help is not knowing who you can talk to. Ask teachers in your school if they are good trusted adults for students to come to. If they are, they can display a Beacon of Hope Sign on their door so students know they can come to them.

Wednesday

Give Voice to Positivity

Wall of Inspiration (pages 8-9): Be positive and create something that inspires your classmates. Dedicate a wall or notice board in the school to positive quotes and messaging that can help spread positivity throughout the school! Encourage other students to add to it and create an even more powerful Wall of Inspiration.

Thursday

Give Voice to Awareness

Follow the Footprints (pages 11-15): Not everyone may be aware of where they can go when they need to seek help. With the Follow the Footprints activity, make sure that everyone in the school is aware of where the counselor or social worker's office is by showing the way step by step.

Friday

Give Voice to Yourself

Educate Peers and Teens Bookmarks (pages 16-18): Print out these Educational Bookmarks that you can keep with you. Have the bookmarks handy and available if you ever need to remind yourself that you are not alone, or to remind yourself of the signs and symptoms of depression. Pass these out so that everyone can have them to give voice to themselves.

**PURPOSE** //

- Advocacy and Leadership
- Students influence school leaders on why it is important to have mental health education for their students

OBJECTIVE //

- Advocacy is the process of taking action to address concerns in your community. Leadership is the process of listening, reflecting, and representing your community. Advocacy and leadership often go hand-in-hand and can be used effectively to accomplish a goal.

INSTRUCTIONS //**Materials**

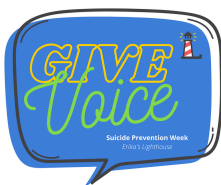
- [Erika's Lighthouse website](#)
- [Introduction to Erika's Lighthouse Slide Show](#).
- Slideshow (i.e. PowerPoint, Google Slides)
- Posterboard & markers - optional

Assembly

1. Check out [Introduction to Erika's Lighthouse Slide Show](#).
2. Work individually or with others to research Erika's Lighthouse educational offerings.

Application

- Determine who in the school is a decision-maker when it comes to mental health education - This could include a health teacher, social worker, school counselor, and/or administrator such as a principal.
- Set up a meeting with this person.
- Complete the Worksheet prior to your meeting, to make sure you are prepared with all the necessary information.
- Prepare for the meeting by putting together a slideshow, poster and/or notes to share about why you believe it would be beneficial for your school to use Erika's Lighthouse education program.

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

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



@ErikasLH



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Advocate for Education - *Worksheet*

What programs does Erika's Lighthouse offer to schools?

Cost of program(s):

Length of program(s):

Goals of the program(s):

Why is this program important for your school to use?

What are your three main talking points to get across in your meeting?

1.

2.

3.

Beacon of Hope Signs



PURPOSE //

- Create awareness of where to find a trusted adult
- Promote help seeking
- Build trust among students and school staff

OBJECTIVE //

- For students to identify trusted adults in the building that are there to listen and support them when needed

INSTRUCTIONS //

Materials

- Lighthouse Printouts
- Beacon of Hope Poster
- Pens or Markers
- Scissors
- Tape

Assembly

1. Print and cut the lighthouse printouts into sixths

Application

- Allow teachers or staff to participate in the Beacon of Hope Program by providing them with a lighthouse.
- Have them write their name in the box under the lighthouse.
- Explain that this will indicate to students that they are a beacon of hope and they are someone to go to if they ever need help for themselves or a friend.
- For an additional boost, consider ways to further educate your teachers and school staff about teen depression and good mental health.



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HAVE YOU SEEN THE LIGHTHOUSES IN THE SCHOOL?



**I'M A BEACON
OF HOPE**

A teacher or staff with a
lighthouse on their door is a
Beacon of Hope for good mental
health.

**If you are concerned about yourself or a friend, talk to one of
these trusted adults.**

For more information about mental health check out
erikaslighthouse.org





Wall 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 or Construction Paper
- 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! Set up a table to have students do this when they walk by, or see if you can have students write during homeroom.

Assembly

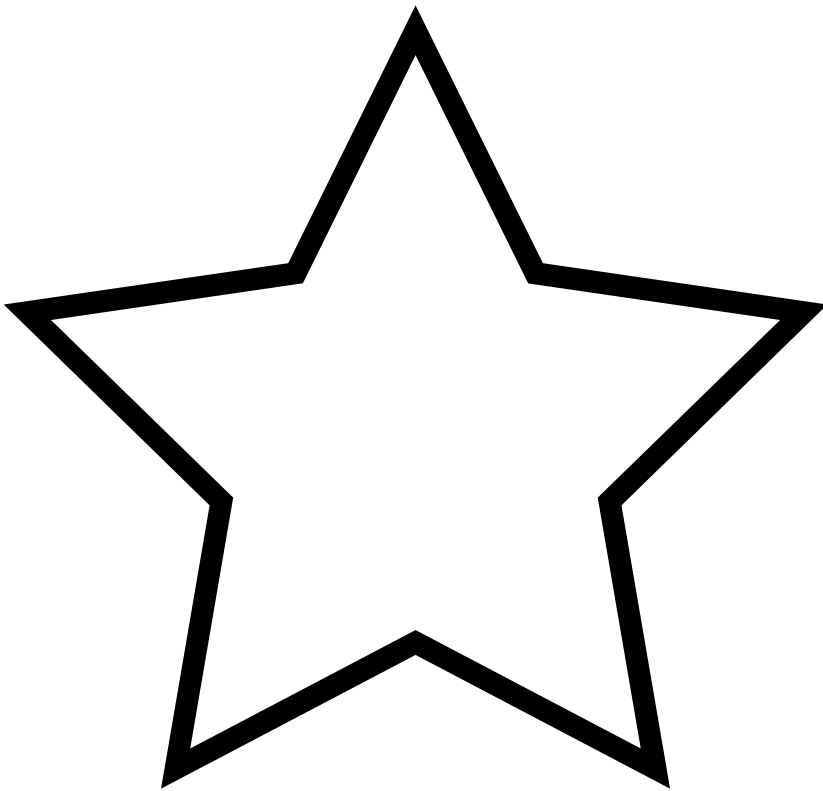
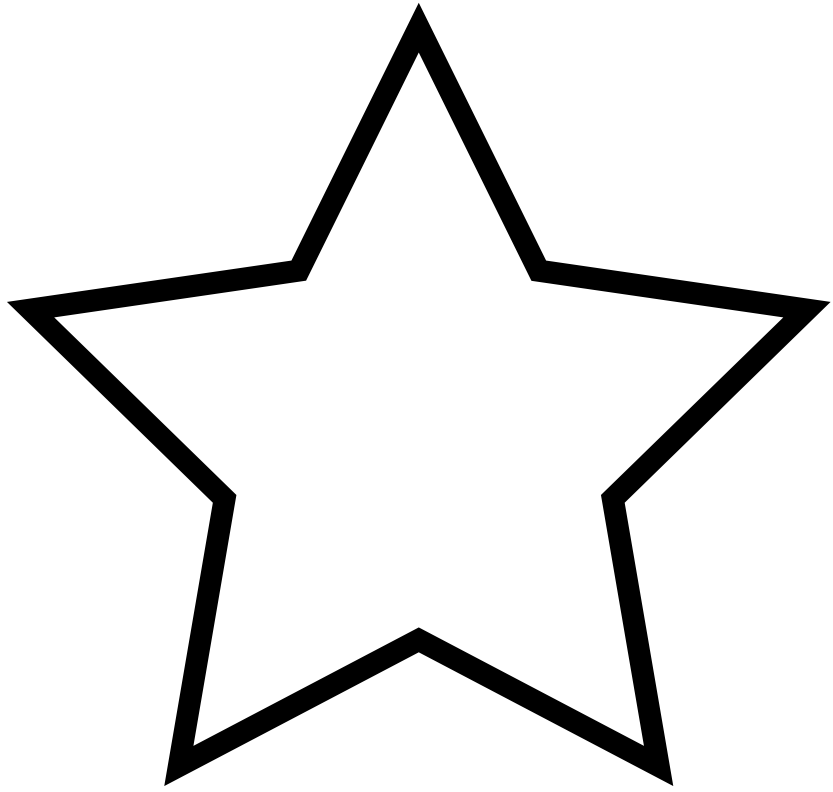
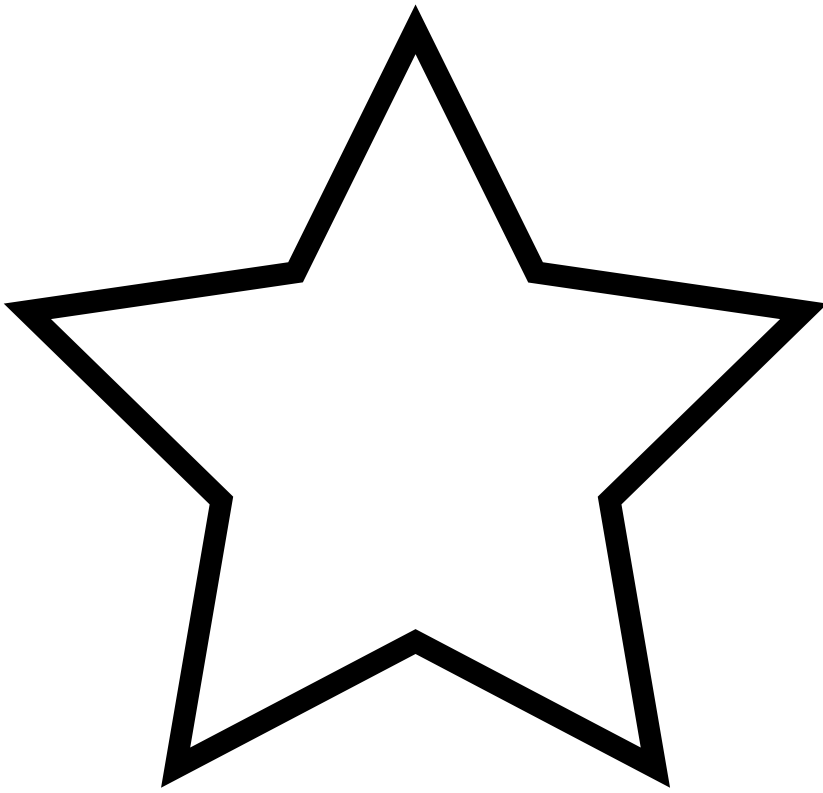
1. Choose a positive theme for students to write about. For example, inspirational quotes, notes of gratitude, words of affirmation
2. You can have students write on large index cards, or have them cut out designs on construction paper. You can theme these designs for different times of year. Hearts for February, Shamrocks for March, Pumpkins for October, Turkeys for November, etc.



Let us know how the activity goes!

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





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

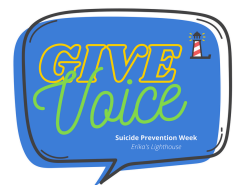
- Instruction poster
- Fact footprints
- Mental health professional footprint Blank footprint
- Tape
- Scissors (optional)

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.



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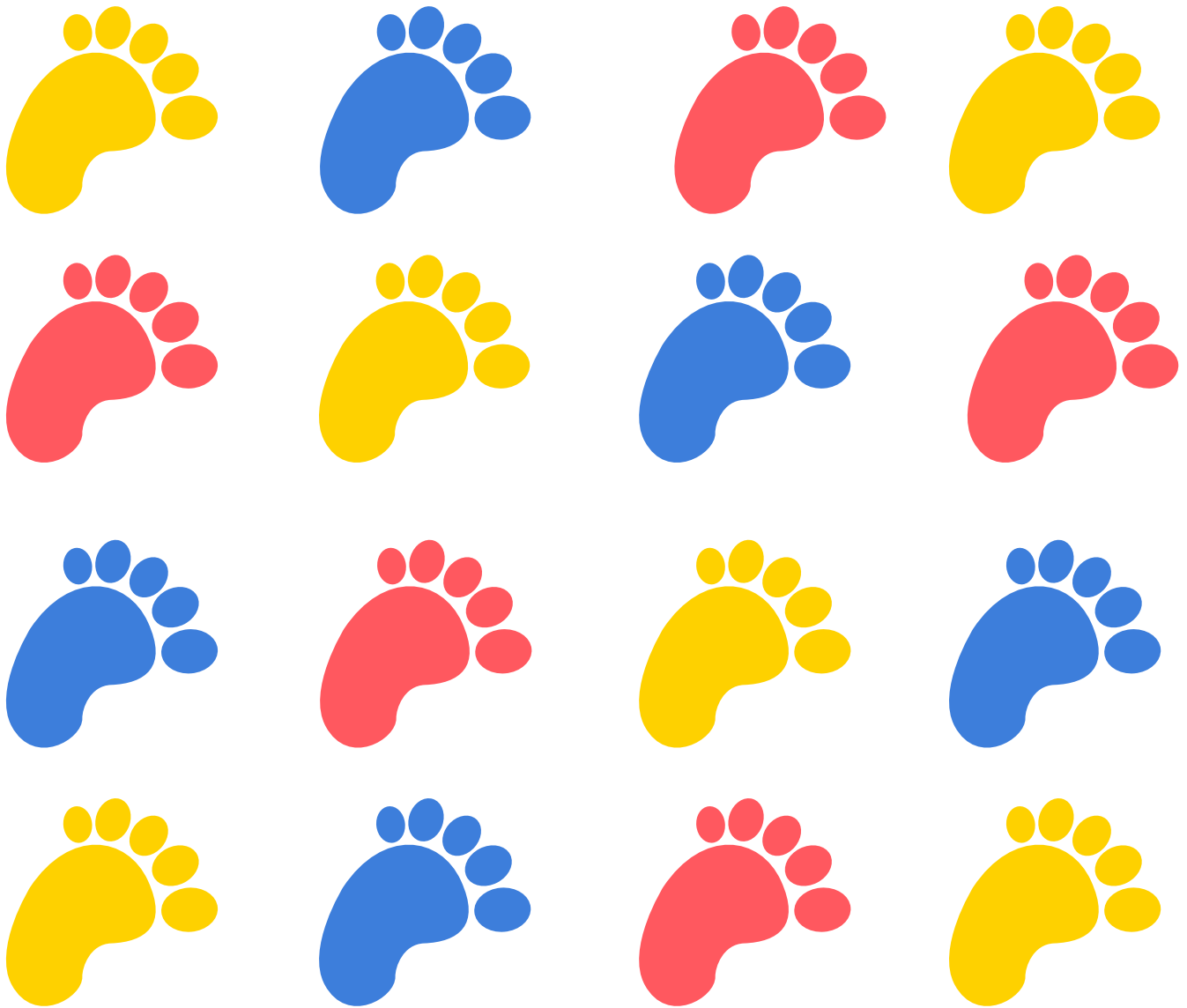
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Have you seen the footprints around the school?

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



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



Erika's Lighthouse

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



Erika's Lighthouse

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



Erika's Lighthouse

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,
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Erika's Lighthouse

Educate Peers and Teens - Bookmarks



PURPOSE //

- Share educational information about mental health
- Promote help-seeking
- Help students identify where to go for help

INSTRUCTIONS //

Materials

- Printed bookmark
- Scissors

Application

- Distribute the bookmarks at the beginning of a semester or anytime to help students mark a spot in their books and have education at their fingertips to seek support, practice good mental health and understanding the warning signs.

Assembly

1. Customize the bookmarks for your school.
2. Print them out two-sided.
3. Cut them.



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Teen Depression

Know the signs...

Depression is an illness that affects our moods, thoughts and behaviors.

Five or more of these symptoms must be present most of every day for at least two weeks or more:

- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain, or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

Depression is common, can be serious and is treatable

If you think you may have depression, **you are not alone.** Understand that it can get better but you need to take action. Tell a caring adult who can help you to get an evaluation from a doctor or mental health professional.



**YOU ARE
NOT ALONE**

IN CRISIS AND ALONE?
Call or Text **988**

IMMEDIATE RISK OF SAFETY?
Call **911**

WHERE TO GO FOR HELP

Write down the name of a trusted adult you can go to if you need help

Help educate your family with our resources from Erika'sLighthouse.org



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GOOD MENTAL HEALTH

It's for everyone!

Good mental health is about creating a lifestyle of balance and reducing the impact of stress. We can all practice ways to stay mentally healthy

HERE ARE A FEW HELPFUL TIPS:

- Eight to ten hours of sleep per night
- Three nutritious meals per day
- Three or more days of exercise a week
- Avoid drugs or alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with your favorite people
- Relaxation exercise, i.e. bubble bath, deep breathing, meditation, a nature walk
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed



Promote Good Mental Health
Start an Empowerment Club, visit
ErikasLighthouse.org



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