



A Beacon of Hope  
FOR  
Adolescent Depression®



[ERIKASLIGHTHOUSE.ORG](http://ERIKASLIGHTHOUSE.ORG)



**Erika's Lighthouse**





## Who We Are



Erika's Lighthouse is a non-profit organization committed to raising awareness of teen depression through middle school and high school classroom-based programs and resources.

- ▶ ***The Erika's Lighthouse Program: Depression Awareness for Middle School Students*** is a teacher-led, video-based classroom program that introduces depression and good mental health.
- ▶ ***The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students*** is a teacher-led, video-based classroom program that takes a deeper look at depression and suicide and explores strategies for good mental health.
- ▶ ***Depression Awareness Campaign for Teens*** are teen-led activities to remind the student body that although depression is a common and serious disorder, it is very treatable and help is readily available.
- ▶ ***Teen Clubs*** are teen-led initiatives that promote good mental health and break down stigma in their school.
- ▶ ***The Parent Handbook for Childhood and Teen Depression***— a parent-to-parent guide about teen depression. It provides basic information about depression and practical advice to help families navigate treatment, school support, medication and much more.
- ▶ ***The Teen Depression Toolbox***. Find tips on how to cope, learn, treat, or help someone with teen depression.

All programs and resources are free of charge and easily accessible on the Erika's Lighthouse Resource Portal. Help us *Get Depression Out of the Dark* and visit **ErikasLighthouse.org** for more information.