



# Erika's Lighthouse

A Beacon of Hope for Adolescent Depression®

## CREATING INCLUSIVE SCHOOL CULTURES AROUND MENTAL HEALTH



### **Classroom Education**

that is age-appropriate for grades 4-12 about mental health, depression, good mental health and help-seeking.

### **Teen Empowerment**

featuring peer-led campaigns and school clubs to reduce stigma, promote good mental health and start meaningful conversations.

### **Family Engagement**

to educate and raise awareness for parents and caregivers about mental health and depression.

### **School Policy, Training & Engagement**

that will train, align, and promote good mental health, communication and collaboration among school staff.

### **Strategic Partnerships**

designed to enhance and support good mental health practices among staff, families and students.

Access these free resources and more online at

[www.ErikasLighthouse.org/Portal](http://www.ErikasLighthouse.org/Portal)