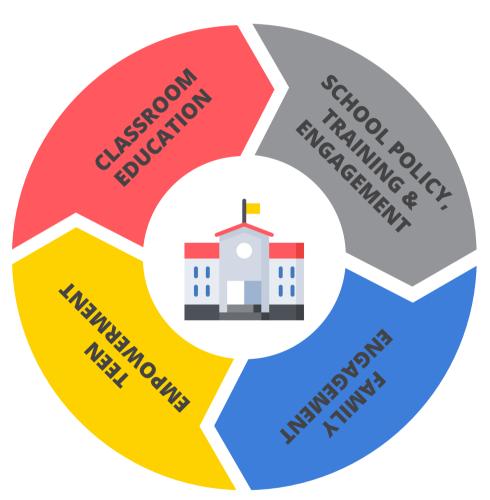


CREATING INCLUSIVE SCHOOL CULTURES AROUND MENTAL HEALTH



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