



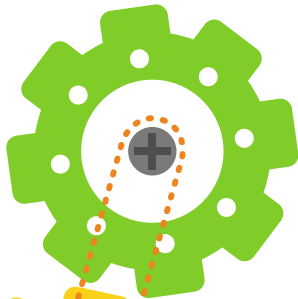
**Erika's Lighthouse**

A Beacon of Hope for Adolescent Depression®

# CLASSROOM PROGRAMS

*Skills-based, Evidence-Informed Depression Education*

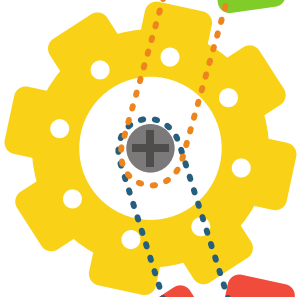
Erika's Lighthouse Classroom Programs are designed to operate as complementary or standalone programs. Each program develops knowledge, skills and competencies that build on one another. However, they can also operate as grade-level appropriate standalone programs. There is no need to complete Level 1 to understand Level 2, or 2 to understand 3.



## **Level I** **We All Have Mental Health**

*Ideal for grades 4-6, fully bilingual*

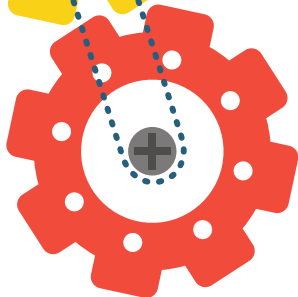
Introduction to mental health by understanding everyday feelings vs overwhelming feelings with a strong focus on help-seeking and good mental health.



## **Level II** **Depression Awareness**

*Ideal for grades 5-9, most resources & subtitles bilingual*

Introduction to depression by recognizing signs and symptoms with a strong focus on help-seeking and good mental health.



## **Level III** **Depression Education & Suicide Awareness**

*Ideal for grades 8-12, most resources & subtitles bilingual*

A deeper discussion about depression and suicide along with a strong focus on help-seeking and good mental health.

Access these free curricula online at  
**[www.ErikasLighthouse.org/Portal](http://www.ErikasLighthouse.org/Portal)**