

# 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

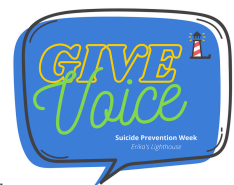
- Printed bookmark
- Scissors

### 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.



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

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





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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
- 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](http://ErikasLighthouse.org)



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