

Follow the Footprints



PURPOSE //

- Educate students about teen depression
- Spread awareness of how to help a friend
- Lead students to a trusted adult/mental health professional (school counselor, social worker, nurse, etc.)

INSTRUCTIONS //

Materials

- Instruction poster
- Fact footprints
- Mental health professional footprint Blank footprint
- Tape
- Scissors (optional)

Application

- Attach the Fact Foot prints to the walls leading to the mental health professional's office.
- Attach the mental health professional foot print to the door to their office. The mental health professional may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

Assembly

1. Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
2. You can cut out the fact footprints or leave them as a whole sheet of paper.



Let us know how the activity goes!

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



@ErikasLH



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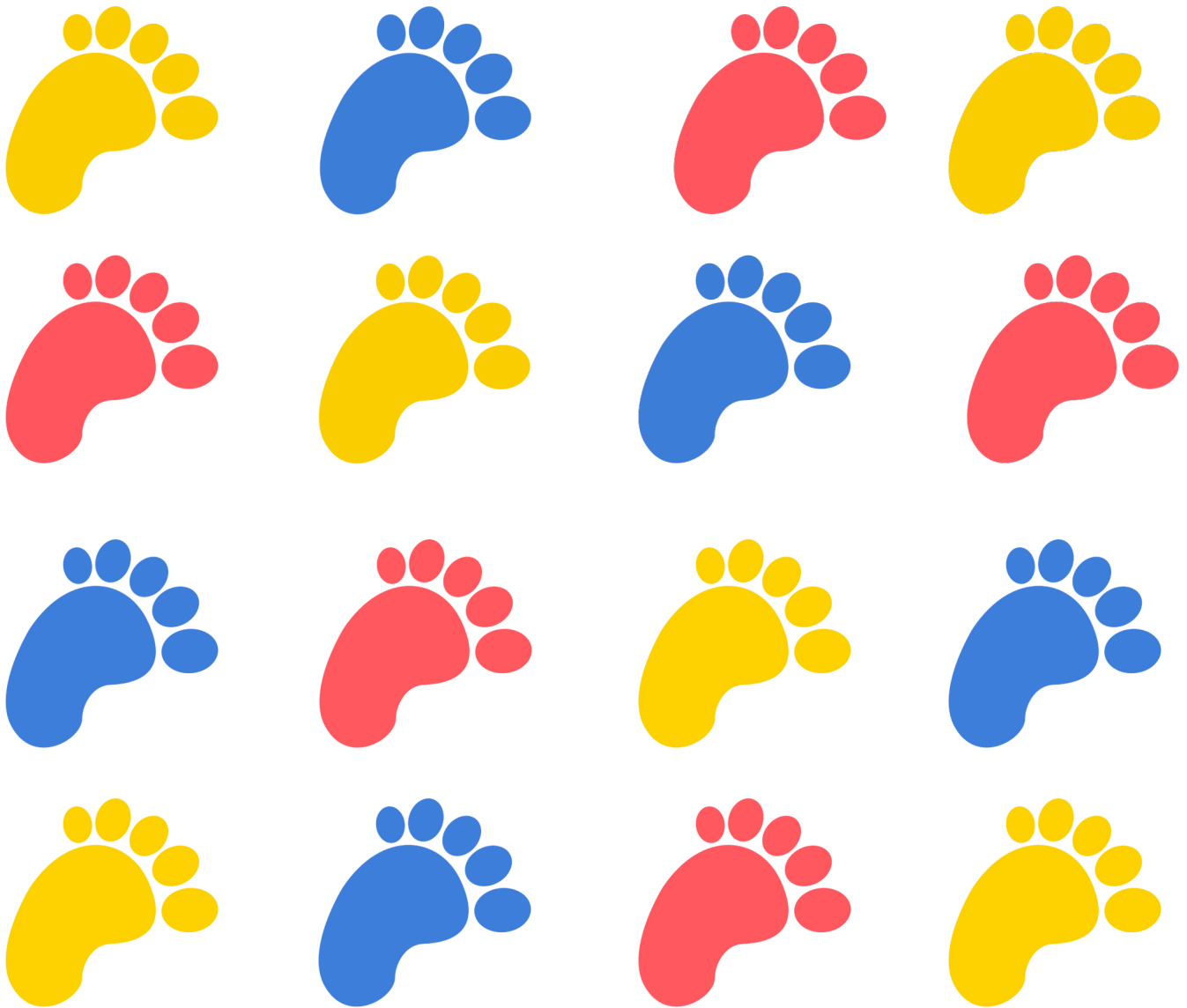
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Have you seen the footprints around the school?

Follow the Footprints
to learn more about depression and get to
know your school's mental health staff!



For more information on mental health,
check out www.ErikasLighthouse.org



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Did you know ...

**Healthy lifestyle choices
can alleviate symptoms of
depression. These include
physical activity, good
nutrition, and
adequate sleep.**

**For more information on mental health,
check out www.ErikasLighthouse.org**



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Did you know ...

Treatment for depression is available and effective, but more than 80% of people suffering from depression never receive treatment due to stigma.

For more information on mental health, check out www.ErikasLighthouse.org



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Did you know ...

**The best way to help a friend
is to communicate:**

- 1) The changes that you
have noticed.**
- 2) That you care.**
- 3) Ask how you can help
them take action
toward seeking help.**

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