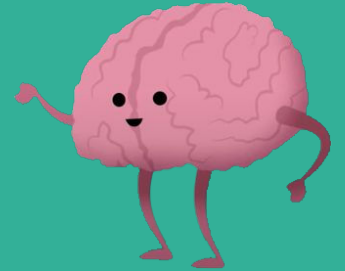
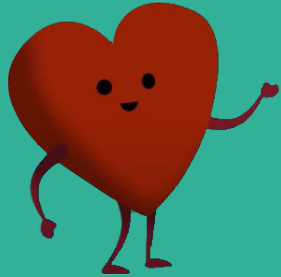


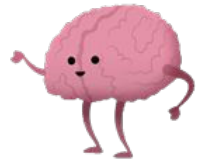
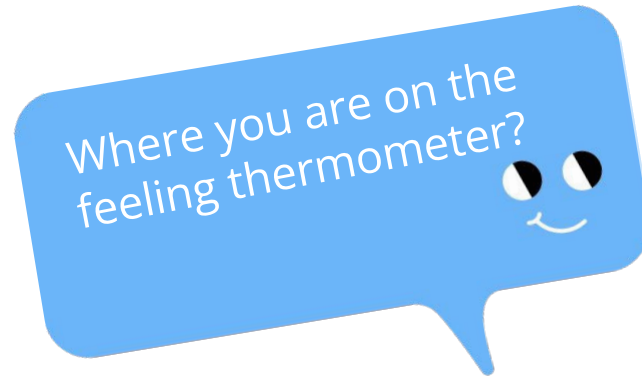
Lesson 3:

We All Have Mental Health



Erika's Lighthouse

To edit/customize this slideshow, please make a copy.



**How are you
feeling today?**





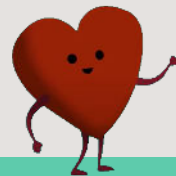
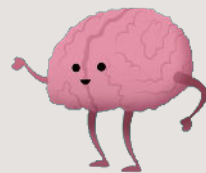
Anna Freud
National Centre for
Children and Families

We all have mental health



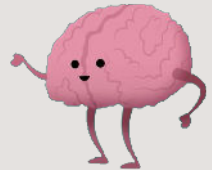
**Erika's
Lighthouse**

If you are concerned about yourself or a friend, talk to a **Trusted Adult** - someone who is reliable and dependable.

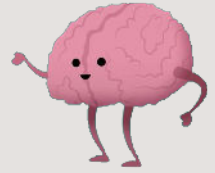




What does each characteristic
look like in an adult?

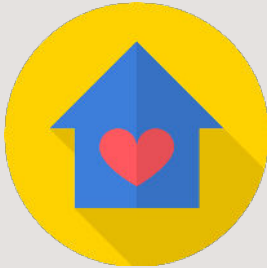


Reliable - Dependable - Trustworthy

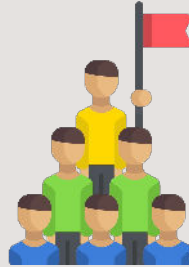


Who are they?

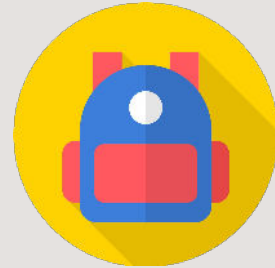
Identify Trusted Adults at:



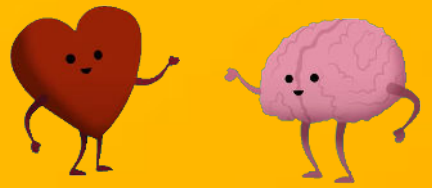
HOME



COMMUNITY



SCHOOL



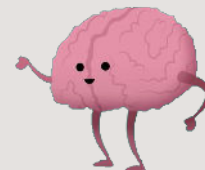
What would you do?

What would you say?



Sometimes people feel ashamed to ask for help.

How do you ask for help?



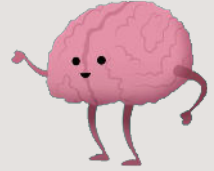
Tell a Trusted Adult:

- How you **Feel**
- What you've **Tried**
- What they can do to **Help**



Sometimes people feel ashamed to ask for help.

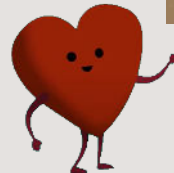
How do you help a friend?

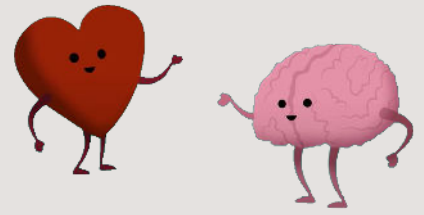


Tell them:

- I've noticed changes in you.
- I care for you.
- How can I help you?

Be a good friend by listening, showing you care and helping them find help.





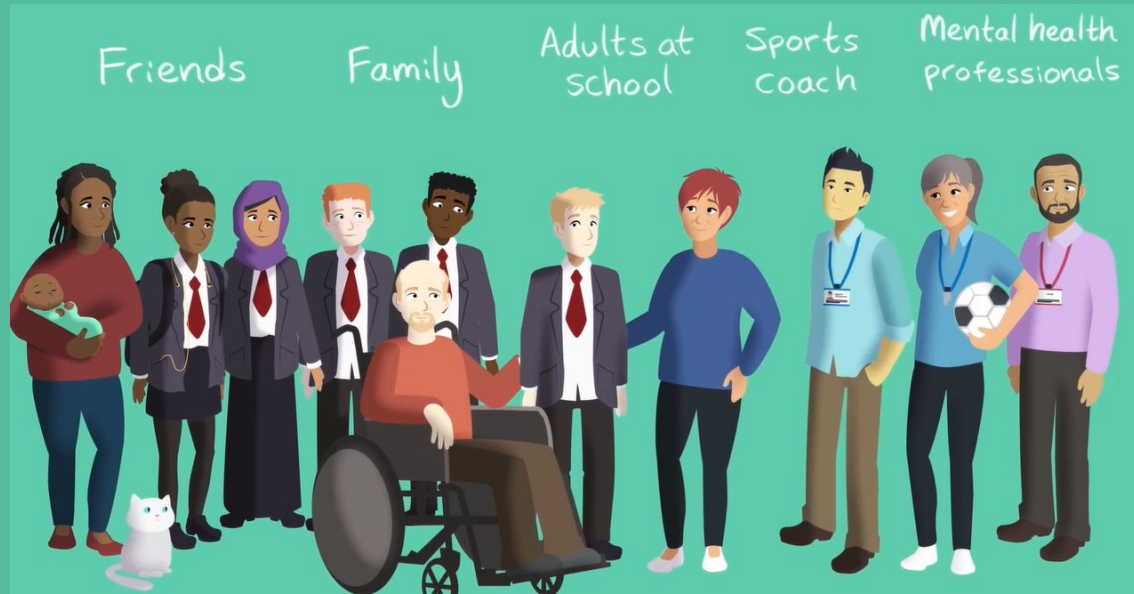
- Plan & perform a role play of one of the scenarios.
- You can add characters & details to make it more interesting and realistic!

Resources

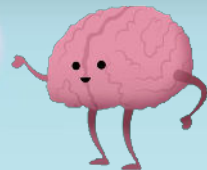


Where can I learn more?

What other valid and reliable people, resources or information can you access to learn more about mental health?



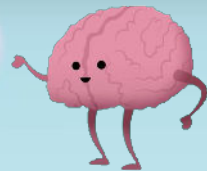
If you or a friend need immediate support,
talk to an adult or dial 911.



**Who can you talk to in your school? Where can
you find them?**



If you or a friend need immediate support,
talk to an adult or dial 911.



→ 988 Suicide and Crisis Lifeline

988

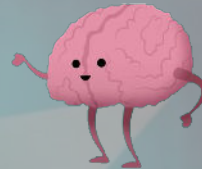
Text or Call



An illustration of three people sitting on a couch in a living room. On the left is a Black man with short curly hair, wearing a red shirt, smiling. In the middle is a woman wearing a purple hijab and a black long-sleeved shirt, looking forward with a neutral expression. On the right is a white man with short blonde hair, wearing a black long-sleeved shirt, resting his head on his hand and looking thoughtful or sad. The background is a simple living room with a light blue wall, a framed picture of a person on the right, and a small table with a laptop on the far right.

Stigma

A mark of shame associated with a particular circumstance, quality, or person.



**HEY
CAN I
HELP?**

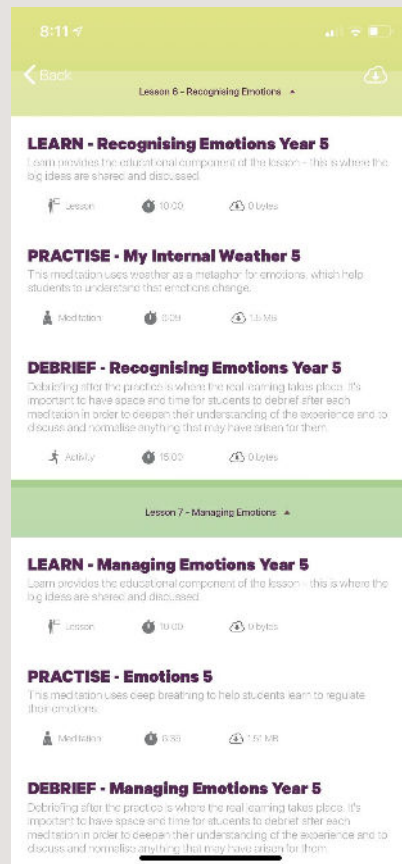
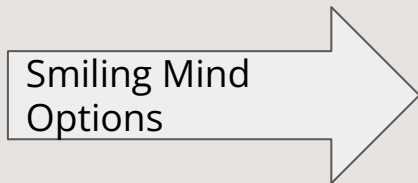
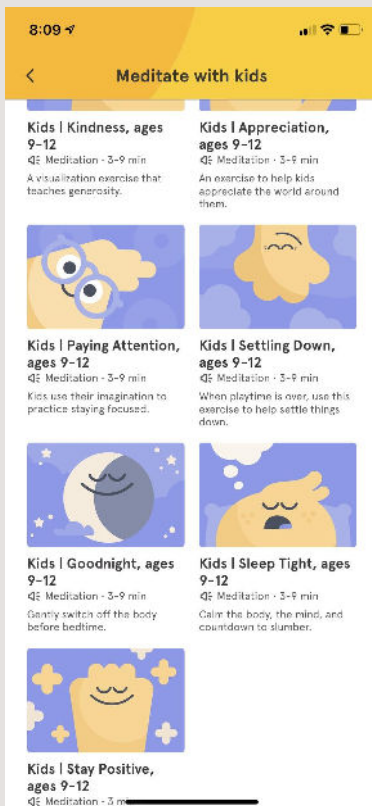
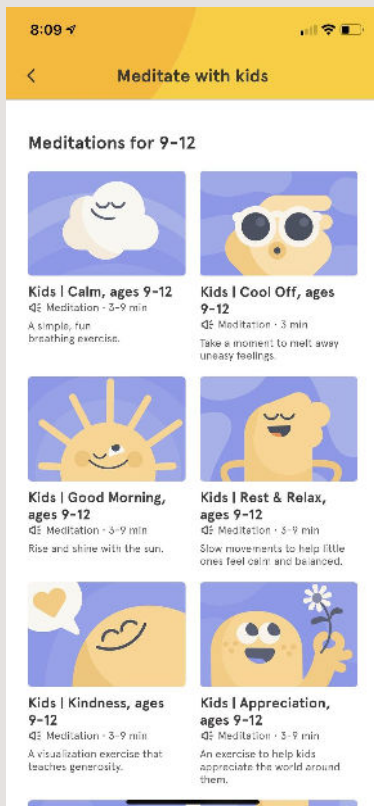
**I
LOVE YOU
NO MATTER
WHAT**

**YOU ARE
NOT ALONE
IN THIS**

**I'M
HERE
TO
LISTEN**

We can help to get
rid of STIGMA

Community / Classwide Meditation



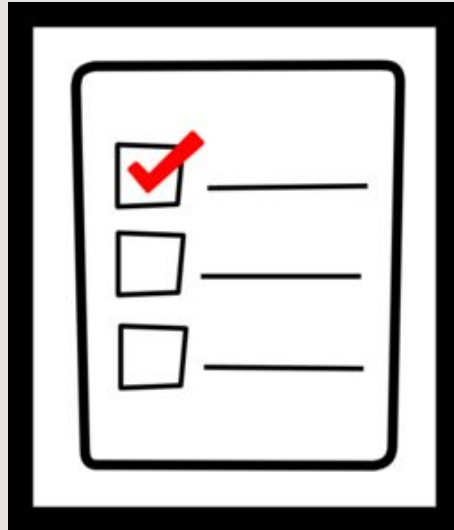
Help is available!



Create a 3-word summary!

Think about what we've learned today about getting help for overwhelming feelings.

Using EXACTLY three words, give some advice related to what you've learned.



EXIT TICKET time!

EXIT TICKET

**Please fill out the ENTIRE card, fold it in half
and turn it in to your teacher.**

Name _____

Teacher _____

After learning about mental health,

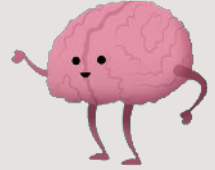
- ☐ I **would like** to talk to a mental health worker **very soon**.
- ☐ I **would like** to talk to a mental health worker **sometime this week**.
- ☐ I **do not need to talk to a mental health worker** now, but if/
when I do, I will reach out to _____.



Next time...you'll SHOW WHAT YOU KNOW
about mental health!



Please complete a short survey:



<http://elhrl.info>

For more information
visit us online at
ErikasLighthouse.org

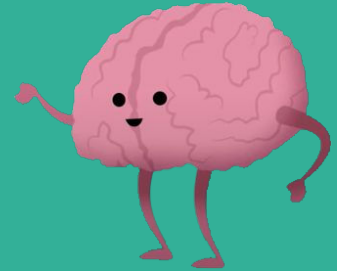
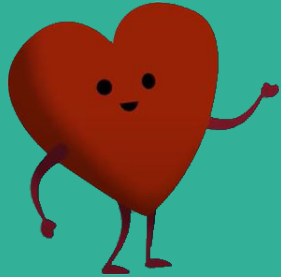


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National Centre for
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**Erika's
Lighthouse**

Level I: We All Have Mental Health



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