



PRIORITIZING STUDENT MENTAL HEALTH



Mental Health is Health

The Christina School District has implemented Erika's Lighthouse: A Beacon of Hope for Adolescent Depression, a new curriculum for the 2024-2025 school year focusing on mental health literacy (MHL) for all students, K-12.

Program Goals



RAISE AWARENESS

Raise awareness of good mental health and its importance for overall well-being.



IDENTIFY SIGNS OF DEPRESSION

Identify the signs of depression and understand the risk and warning signs of suicide.



REDUCE STIGMA

Reduce the stigma surrounding mental health issues to create a more open and supportive community.



FOSTER CULTURE OF CARE

Encourage help-seeking behaviors among students and foster a culture of care.

EVERYONE DESERVES TO HAVE GOOD MENTAL HEALTH

While depression is a common and serious issue, there is always hope and support available. You are not alone in this journey!



This program is made available at no cost to our schools thanks to the generous donations of donors.