



SUFFOLK  
PUBLIC SCHOOLS



## THE ERIKA'S LIGHTHOUSE PROGRAM

**We Invite 8th & 10th grade parents to join our Parent Night webinar to view information we will present during Health & PE classes.**

**Tuesday, April 16 @ 6:00PM**

Suffolk Public Schools is partnering with The Sarah Michelle Peterson Foundation to implement a depression and suicide awareness program. This program was developed by a highly respected mental health education and advocacy organization, Erika's Lighthouse: A Beacon of Hope for Adolescent Depression.

### PROGRAM GOALS:

- Raising awareness of depression and its symptoms.
- Reducing the stigma surrounding mental health issues.
- Encouraging the utilization of support services if necessary.

### How to attend:



<https://spsk12-net.zoom.us/j/87695136611>

**Start Webinar**

The Sarah Michelle Peterson Foundation

**Student  
Presentations:  
Week of Apr. 22 in  
Health & PE Classes**