



ONLINE TEEN EMPOWERMENT TRAINING!

**FIGHT THE STIGMA SURROUNDING MENTAL
HEALTH WITH THIS RESOURCE FROM SADD +
ERIKA'S LIGHTHOUSE!**

This 3 module, self-paced, online course is available to all SADD members registered in MySADD.

OVERVIEW:

- Module 1: Mental Health + Feelings
- Module 2: Being a Trusted Peer
- Module 3: Being a Mental Health Leader
- Bonus Content: Soft Skills for Your Chapter
- Debrief

HOW TO PARTICIPATE IN THE TRAINING:

Log in to your MySADD account at www.SADD.org. Open your account page by clicking your avatar/profile picture in the top right corner and selecting "MySADD". Tab over to the "My Certifications" page to join the Erika's Lighthouse training. You may also join the training by visiting www.SADD.org/certifications-page/erikaslighthouse.

*NOTE: You MUST be logged into your MySADD account to access the training.

WANT TO SEE MORE FROM ERIKA'S LIGHTHOUSE?

Erika's Lighthouse has FREE mental health + training resources available to all SADD members in their online Portal. Create an account at www.erikaslighthouse.org/ to get started.

