



Anxiety & Depression in Youth

VIRTUAL

May 27

11:00a.m.-1:00p.m.
Eastern

REGISTER HERE!

Youth who experience anxiety or depression face a higher risk of poor health outcomes as adults. Depression during adolescence can be associated with disrupted school performance as well as peer and family relationships.

Nearly 1 out of 10 Indiana youth have been diagnosed with anxiety at some point in their life, and nearly 1 out of 3 Indiana high school students reported feeling sad or hopeless at some point in the past year. Together we will explore strategies to assist youth who struggle with anxiety or depression.

Join us for this experience as we:

- understand how to recognize signs and symptoms of anxiety and depression in youth;
- learn strategies for assisting kids who struggle with anxiety or depression; and
- connect valuable resources to equip you and those you serve.

Speaker

David Berman, MPA, MPH
Vice President of Development
Mental Health America of Indiana

Community Partners

Our Children, Our Future
Meridian Health Services
Bowen Center
Early Childhood Alliance
Crossroad Child & Family Services, Inc