

## **Responding to (Dis)Stress**

**By Noble Erickson**

**Sponsored by Evergreen Health Center**

**Wednesday December 14<sup>th</sup> 7:00 PM at the JHS Library**

When does stress cross the threshold to anxiety? What moods are normal, and when does depression become dangerous? How can friends and family support teens? Following the PTSA meeting on Dec. 14, Youth Eastside Services Therapist Noble Erickson will offer **Responding to (Dis)Stress**, a presentation about adolescent mental health. She'll review the unique biological, psychological and social factors that influence depression and anxiety for high-school students, plus offer concrete ideas about how you can support your teen—and yourself.

Noble Erickson is a dual-licensed Mental Health and Substance Use therapist with Youth Eastside Services (YES). She has worked with at-risk youth and families for over 10 years, with a focus on adolescents. She provides individual and group counseling in East King County, and has been an in-school counselor at both Eastlake and Emerson high schools.