Helping Teens Manage Depression: Practical Skills That Work

April 29, 2025
7:00 pm ET

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Is your teen withdrawing from activities they once loved? Spending more time alone in their room? Having trouble feeling joy? These are common signs of teen depression, a serious condition affecting more than 3 million adolescents in the US alone. Parents and caring adults often feel helpless watching their teen struggle, but there are proven strategies that can make a real difference in your teen's recovery and life beyond depression.

Don't wait until a crisis hits. Join us to learn these essential skills and become better equipped to support your teen through depression.

Whether you're a parent, grandparent, or other caring adult, this webinar will equip you with practical skills and knowledge to better support adolescents navigating these challenges.

About the presenter

Amy Mezulis, PhD, is a licensed clinical psychologist who specializes in teen depression. She is Professor Emeritus at Seattle Pacific University, where she spent 20 years as core faculty and chaired the Clinical Psychology PhD program and continues. Dr. Mezulis' research on teen depression has been funded by the National Institute of Mental Health, the National Association of Research in Schizophrenia and Depression, and the American Psychological Association. Her most recent book is titled, "Reversing the Spiral of Depression for Teens: Simple Actions to Improve Mood, Boost Motivation, and Build the Life You Want."

Families for Depression Awareness

Families for Depression Awareness *is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.*

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