

Supporting Your Student Struggling with Depression

Parent Education Series

PART 1: BASIC FACTS [13 min]

- Depression Defined
- Red Flags
- How it Works
- Risks of Not Treating

PART 2: PRACTICAL TOOLS [10 min]

- Coping strategies parents can use with their students
- Recommendations for next steps for seeking treatment

PART 3: VIDEO

- The Science of Depression
Visual of how depression works in the brain.

PART 4: HELPFUL RESOURCES

- Parent Handout:
Supporting Your Student Struggling with Depression
- List of Local Mental Health Resources.
- Online Parent Ed Series:
Suicide Prevention