

Anxiety & Depression in Children & Youth

By

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Anxiety and depression often surface for the first time during youth. In recent years, there has been a significant increase in the numbers of children and adolescents experiencing anxiety disorders and major depressive episodes. Nearly one in three adolescents will meet the criteria for an anxiety disorder by the age of 18, and about 12% of adolescents meet the criteria for a major depressive disorder. By mid-adolescence girls are more than twice as likely to be diagnosed with a mood disorder as boys. This workshop will:

- Examine the triggers of anxiety and depression in adolescents;
- Review the current research addressing anxiety and depression among youth and adolescents;
- Discuss the gender differences in depression and anxiety;
- Look at strategies and resources to help improve adolescents' mental health.