

Teen Anxiety & Depression

Would your teen like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings they're having during these uncertain times?



If your 14 to 18 year old teen is struggling, they are not alone. As we continue to adjust to the changing environment around us, high school teens are faced with unprecedented stressors. Our high school groups are in-person, providing additional opportunities for teens to interact and gain support during these challenging times. Your teen can find help using research-supported Cognitive Behavioral Therapy (CBT) & Acceptance and Commitment Therapy (ACT).

- ❖ Discuss the Relationship Between How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

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