

A P A R E N T ' S  
T O  
G U I D E

# Depression & Anxiety

**axis**

# **In This Guide . . .**

— **The “Black Dog”**

— **An Important Note First**

— **What exactly are “depression” and “anxiety”?  
Doesn’t everyone feel depressed or anxious  
sometimes?**

— **Are “depressed” or “anxious” teens just  
experiencing the normal ups and downs of  
growing up?**

— **What causes depression and anxiety?**

— **What are the spiritual ramifications?**

— **How can my church or pastor help?**

— **How would I know if my teen suffers from  
depression or anxiety?**

- **What types of treatment are available?**
  
- **What can I do to support my teen while he/she is in treatment?**
  
- **A final encouragement**
  
- **Resources**