Help! My Teen Is Struggling with Anxiety and Depression (David Murray)

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In this episode, David Murray discusses how parents can help teens who struggle with anxiety and depression. He reflects on the dramatic rise in teen anxiety and depression in the U.S. over the last few years, offers guidance for thinking through the different potential causes of depression and anxiety, and speaks to the parent wrestling with two questions: "Did I do something to cause this?" and "What do I do now?"

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