

Talk It Up Texas!

Teen Depression Awareness Program for Parents, Teachers and Students

Suicide is one of the top three killers of teens in the U.S. and depression, if untreated, can lead to suicide. Talk It Up Texas program is designed to help our community recognize and respond to the illness of depression. In this training, you will learn:

- How to recognize depression symptoms in teens
- How to approach a depressed teen
- How to get the appropriate help for the depressed teen

To sign up for the training please contact your school's Counseling Office.



**University
Health System**
www.UniversityHealthSystem.com

**For more information,
please visit**

www.talkituptexas.org

Phone: (210) 358-9821