

Clinical Psychologist Discusses Teenagers Struggling with Depression

Alex Karydi, clinical psychologist and director of Behavioral Health Product Development sat down with Spectrum News NY1 anchor Shannan Ferry to discuss teen depression, suicidal thoughts and the rise of suicide rates among young adults. Alex also talks about how parents can identify when their child is in crisis and what they can do to communicate properly with them.

She mentions how VNS Health is helping teenagers and young adults who are struggling with depression and suicidal thoughts through the Safe Pathways program. The program offers counseling, peer support, and crisis intervention for individuals aged 10-24.

View the full NY1 segment [here](#).