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A WESTCHESTER VIRTUAL SPEAKER SERIES

TUESDAY, DECEMBER 8

7-8:30 PM



**Andrew Ecker, PhD**

Coordinator of Guidance & Child Study,  
Putnam Northern Westchester BOCES

## Youth Mental Health 101: Supporting Teens in These Challenging Times

*It's okay to not be okay. At any moment in time, one in five teens will face a mental health challenge. Anxiety, depression, and feelings of isolation may be especially heightened right now, making the need for early intervention by parents and caring adults even more important. Join Dr. Andrew Ecker from Putnam Northern Westchester BOCES and Michael Orth, Commissioner, Westchester County Department of Community Mental Health, to learn more about how to tell the difference between normal "teen angst" and signs that your child may need additional support.*



**Michael Orth,  
Commissioner**

Westchester County Department of  
Community Mental Health



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