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EMPOWERMENT



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May 14th 2013: Depression Prevention: What if there was a depression vaccine?

Children are given a series of vaccines over the first few years of their lives to prevent disease. In fact, most schools will not admit children if they have not taken these pre-emptive measures to protect their physical health. But what about mental health? What if there were a way to protect our youth against mental disease and disorder? Would you give your child a depression vaccine? Believe it or not, an inoculation as such does exist. By teaching our youth social and emotional learning skills as early as middle school we can boost their resilience and begin to mitigate childhood depression

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Featured Guest



Renee Jain

Renee Jain is a pioneer and innovator in her field of study and work: equipping kids with skills of well-being. Internationally known as the leading childhood resilience and happiness expert, her first-of-its-kind online animation programs for youth addressing suicide, depression and anxiety related mental illness. 1 in 5 children will struggle with depression before the age of 18, setting them up for a lifetime of unnecessary struggle. Renee has a plan: prevention. Renee is an award-winning entrepreneur, creator of brands; several successful tech start-ups in her younger years, a best-selling author, speaker, and certified life coach. A gifted life coach, she has coached over 5,000 clients

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