Depression: Taking care of you, taking care of your BFF
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Abstract
Sadly Depression is a disorder for which we are most at risk in the stress-filled days of undergraduate studies. This seminar will provide information on (1) identifying depression, (2) caring for oneself and recognizing depression in other people, and (3) managing suicidality in oneself as well as in your BFF.
I  video materials demonstrating the behaviors seen in depressed individuals.
II A group exercise in each session will assist participants to use the language needed to support themselves and friends with symptoms of depression.
III  Managing suicidal feelings in themselves and friends in a way that is supportive, not frightening.
Feeling sad and overwhelmed is not rare. Managing these feelings are essential first aid tools. This seminar focuses on how to move through those painful feelings. Information will be included in the last portion of the seminar on how to find professional help when the participant is feeling vulnerable and overwhelmed.

Faculty Biography
Susan T. Lindau, LCSW has been teaching at USC since 2006. Her classes have focused on teaching candidates for an MSW how to provide support to their clients. Those classes include learning clinical skills for working with Adults as well as working with special needs populations including Transitional Age Youth. Prof. Lindau has a private clinical practice in West LA in which she treats individual who are severely depressed and chronically suicidal.