



## How to Support Children with Depression

Some parents have a mindset that their children do not ace depression. But this is not true at all. In modern life, children have to face a lot of pressure, like career growth and competition, and have to perform well in school; thus, they are unable to give time to themselves, which leads to anxiety and depression. If you do not want your child to suffer from it, then [Anxiety Therapy](#) is the best solution for them.

Read More : <https://lightangelic.mystrikingly.com/blog/how-to-support-children-with-depression>

