



# Free Mental Health Lecture

## “Dealing with Depression”

**This hour-long presentation will define depression and offer insight into:**

- The difference between sadness and depression
- Causes and types of depression
- How signs of depression can be different for men and women
- Recognizing depression in children
- Removing the stigma
- Treatment options

**February 20, 2018 at 7 p.m.**

### **LOCATION**

Antelope Valley Hospital | Community Resource Center  
44151 15th Street West, Lancaster



**ANTELOPE VALLEY  
HOSPITAL**  
*A facility of Antelope Valley Healthcare District*

[www.avhospital.org](http://www.avhospital.org)



### **Presenter**

Apurva Vinaykant Shah, M.D., is a board-certified psychiatrist with Kaiser Permanente's Behavioral Health Department in Lancaster. He specializes in working with children, teens and their parents to try to uncover the root causes of emotional and behavioral issues.