

## **Depression: What To Do If You Have It or a Loved One Has It — Presentation at the Depot**

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**Categories :** [Healthy Living](#), [Parents & Kids](#), [Teens](#)

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What are the signs and symptoms of depression? How can I help my child, relative or sibling? How do I protect myself while supporting a person suffering from depression?

Answers to these questions and a discussion about depression will be presented by Robert DiRoma in a program at 7 p.m., Thursday, May 3, at The Depot Darien Youth Center.

Some therapeutic techniques Rob provides are CBT [cognitive behavioral therapy], long term dynamic therapy as well as taking a trauma focused approach dealing with childhood, teen and adult development.

Rob's passion is working with this clientele, including friends and families who struggle with loved ones suffering from substance abuse and mental illness.

He specializes in substance and alcohol abuse and mental illness.

DiRoma received a Master's Degree in Social Work from New York University and has worked as a Licensed Alcohol and Drug Counselor and Licensed Masters of Social Work for the past ten years with substance abuse and mental health populations.

### **More about the Depot**

The Depot's mission is to build resilient youth and an engaged community.

All Darien resident youth are invited to visit The Depot to create, join and participate in programs, activities,

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and fundraisers as well as access resources, socialize and participate in volunteer opportunities in the Darien community.

The Depot is a collaborative youth center, the first and oldest of its kind in the nation, where community needs are addressed with staff supported guidance, programming by youth, and parenting education.

An alcohol and drug-free zone monitored by caring, vetted adults, The Depot provides a safe space for youth to develop leadership, planning, and decision-making skills, interact with people of different backgrounds, access adult role models and serve as community assets.