"Managing Depression" is a three-session workshop designed to help students increase their understanding of depression and provide them with the skills to recognize and manage their symptoms of depression. "Managing Depression" is not a substitute for formal counseling and does not constitute mental health treatment.

If interested in joining this workshop, you may fill out the interest form using the QR Code above. Students must be logged in with their @gwu.edu email to access the form or call CAPS for consultation between 12pm-4 PM at 202-994-5300. Pre-registration is required and students MUST commit to attending all three consecutive sessions to register.