

Depression: What Every PCP Should Know

Register Here



[Register using this link](#)



October 14, 2025

12:00 - 1:00 P.M. CT

Virtual Meeting

Catherine Karni, MD

The University of Texas
Southwestern Medical Center

Overview

Primary Care Physicians currently demonstrate a significant gap in knowledge and clinical competence regarding the identification and management of mental health disorders in youth. This professional practice gap is primarily attributed to insufficient training and limited access to mental health resources. As a result, PCPs often serve as the first point of contact for families dealing with adolescent mental and behavioral health issues, yet they report lacking the necessary skills to effectively screen, assess, and treat conditions such as depression, anxiety, suicidal ideation, and behavioral disorders. This series aims to enhance PCPs' capabilities in recognizing and managing mental health conditions to improve outcomes for youth within their clinical practice.

Learning Objectives

At the conclusion of this activity, the participants should be able to:

- Know the criteria of major depressive disorder according to the DSM 5.
- Understand how to diagnose depression in the pediatric primary care setting.
- Discuss the risk factors and clinical features of depression.
- Understand initial assessment that needs to be completed.
- Discuss screening for suicide and non-suicidal self-injury including safety planning.
- Describe non-pharmacological and pharmacological interventions for the treatment of depression.

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.