

Meet Tessa Stuckey, M.A.

LICENSED PROFESSIONAL COUNSELOR,
MOM, AUTHOR & SPEAKER

TESSA STUCKEY IS A MOM ON A MISSION. Raised by two psychologists, Tessa has a deep interest in human interaction and genuine relationships. As a therapist working with teenagers, she has decided to take on parenting from a new perspective; that of actively parenting today to protect your family's future. She provides motivation and hope for families across the nation by helping to navigate the world of technology, social media pressure, and lost connection.

Tessa and her husband, Joseph, live in Houston, Texas where they are actively raising their four sons and continuing the fight against today's culture effects.

FOR THE SAKE OF OUR YOUTH

A THERAPIST'S
PERSPECTIVE
ON RAISING YOUR
FAMILY IN TODAY'S
CULTURE

In *For the Sake of Our Youth*, licensed professional counselor, mother to four boys, and first-time author Tessa Stuckey shares what she has learned about today's youth and the struggles they face in our current culture. Through her work, Tessa has become well versed on depression, anxiety, and suicidal thoughts in young people, and she believes that suicidal ideation among children is on the rise. It has become a big cultural storm—a storm that we haven't prepared for.

Tessa gives advice to parents on what to do in response to the dangers our children face growing up in today's world and shows them how to raise their children intentionally. Parents must make strong connections with their children and build resilience. Her goal is to save lives and raise awareness of this awful epidemic.

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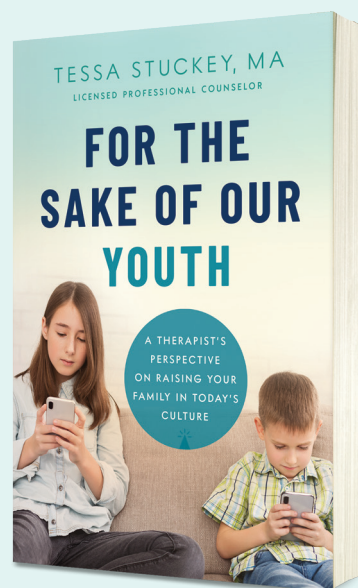
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AVAILABLE
EVERYWHERE
APRIL 2020



*"All parents should
read this book!"*

—ANURADHA MCDONALD, MD,
Pediatrician, Texas Children's Pediatrics

*"An excellent blend of
hope and practical tools for
the inevitable ups and
downs of parenting."*

—JOSH SHIPP,
author of *The Grown-Up's
Guide to Teenage Humans*

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WHAT PEOPLE ARE SAYING:

“Tessa provides a peek behind the therapist’s curtain, giving parents an honest picture of what kids are struggling with and how they think.”

—MELISSA BENAROYA,
parenting consultant, family coach, and
author of *The Childproof Parent*

“Tessa’s guidance will help parents create a much-needed protective barrier around childhood.”

—ROBIN BERMAN, MD,
author of *Permission to Parent: How to
Raise Your Child with Love and Limits*

“Tessa provides details about the inner world of struggling teens and gives parents the tools and hope needed to combat the epidemic of depression, anxiety, and suicide that plagues our youth. For the Sake of Our Youth is a must-have book for 2020, and it couldn’t have been written at a better time!”

—KATE TURNER, MA, CSC, LPC

“Mrs. Stuckey boldly tackles the hard topics of suicide and depression. Help for those struggling with these serious problems is long overdue.”

—MEG MEEKER, MD,
pediatrician, mother, and best-selling
author of *Strong Mothers, Strong Sons*



SPEAKING

Presenting her research on teen depression, anxiety, and suicide while focusing on connection and communication, Tessa shares helpful and hopeful information that inspires action. Her customized presentations deliver the desired impact, whether speaking to parents, educators, coaches, counselors, church groups, or teens.

Tessa’s motivational and inspiring presentations include:

- Keynote speeches that help audiences address the challenges of raising teens in today’s hyperconnected, yet disconnected, culture
- Seminars that teach parents, coaches, teachers, counselors, and mentors make real connections that build resilience in today’s teens
- Town hall discussions that engage communities and inspire them to rally together in raising teens that feel safe, connected, and valued

Tessa is also available for individual, parenting, and teen group therapy.