



Depression in Teens

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How Common is it?

- 4.4% of US children ages 3-17 diagnosed with depression = ~2.7 million
- 78.1% of kids get treatment for it

What is Depression?

- A very common mental illness
- Causes persistent feeling of sadness and loss of different interests
- Affects way you think, feel, and do daily activities
- Specific types of Depression: Major Depression, Persistent depressive disorder, perinatal depression, etc.



Why Talk About It?

- Brings awareness to Depression
- Reduces stigma about it
- encourages people to get treatment





Prevention

- Learn how to Control stress, increase resilience and boost self-esteem to help with difficult situations.
- Practice self-care, by creating a healthy lifestyle and using electronics responsibly and in moderation.
- Rely on friends and family support, mainly in times of crisis.
- Reach out for treatment at the earliest sign of a problem you notice to help prevent depression from worsening.
- To maintain treatment, even after symptoms let up, to prevent a relapse of depression symptoms.
- Maintaining a healthy sleep routine
- Activities such as meditation and yoga can help with stress

We recommend Psychotherapy!

Types of Therapy:

- Cognitive Behavioral Therapy: CBT is a technique that tries to assist the child or adolescent in actively identifying and altering the thoughts and actions that contribute to depression and bad feelings.
- Interpersonal psychotherapy is a method that focuses on recognizing and resolving issues that young people have with other people, such as their parents or friends, or with changes in their circumstances.



Medication

Teens can take Selective serotonin reuptake inhibitors (SSRI) medications to lower the risk of depression.

Medications for Unipolar major depression include:

- Fluoxetine
- Citalopram
- Paroxetine
- Sertraline.

Fluoxetine has been more widely studied than other SSRIs in adolescents.

