

Depression and Anxiety Program



JMA Pediatrics
Jeffers, Mann & Artman

If you are concerned that your child may have depression and/or anxiety, the first step is to obtain an accurate diagnosis from your health care provider.

At JMA this evaluation will include gathering a comprehensive understanding of your child's needs in multiple settings, including home, school, and social settings through **in-depth** conversation and questionnaires.

Once a diagnosis has been made, treatment options will be discussed **including** referral for initiation of counseling with a therapist and possible initiation of anti-depressant/anxiety medications.

If the decision to start a medication is made, frequent follow-up is required to safely manage this treatment as well as **continued** counseling with a therapist. In certain situations, a referral to a psychiatrist for medication management may be preferred.

Follow-up will be at least **every month** until the symptoms of anxiety/depression begin improving. Once your child is stable on the medication, follow-up may be at least **every 3 months**.

Medication is usually continued at a minimum of 6 months to 1 year after symptoms have improved and should be stopped gradually under a doctor's supervision.



Find us on 

Raleigh (919) 786-5001
Clayton (919) 359-3500
Cary (919) 852-0177
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Medical records access



Request an appointment



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Fill out forms in advance

ONLINE RESOURCES AT WWW.JEFFERSANDMANN.COM

WE ARE HERE TO HELP

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