



What is Depression?

Depression is a biological, treatable condition that can happen to anyone, particularly in adolescence. Adolescents face many changes and challenges. Developing bodies and social and academic stresses can make for a difficult period for many teens. Teens and children diagnosed with depression can have frequent episodes of sadness, irritability, and tiredness, as well as changes in appetite. If left untreated it can interfere with everyday living and long-term success.

At Jeffers, Mann and Artman, we have experience helping adolescents and their parents to manage these symptoms. As a parent, you play an important role in providing treatment which will enable your child's success.

What are the symptoms?

Teens and children with depression may have one or more of these symptoms:

1. Irritable or cranky mood, boredom, loss of interest in favorite activities.
2. Appetite increase or decrease.
3. Changes in sleep patterns.
4. Difficulty sitting still or very quiet.
5. Self-Critical, blaming self, "feels stupid".
6. Decline in school performance.
7. Frequently thinking or talking about death.

Depression can be episodic, with some children spontaneously improving. Yet it also can be recurrent, with one episode of depression raising the risk for another.

How is Depression Diagnosed?

You may be the first to notice symptoms of depression. During routine visits, your Healthcare Provider will ask questions such as:

- How are you feeling about yourself? How are you sleeping?*
- How difficult is it for you to concentrate on school assignments?*
- Are you concerned about home, school, or friendships?*

How is Depression Treated?

There are several different treatments for depression. These include various forms of Psychotherapy, working with a family therapist as well as medications. Your Healthcare Provider can provide you with a list of resources for a referral.

Medications such as antidepressants can be effective in relieving the symptoms of depression for some children and adolescents. These are known as SSRIs—the most common are Fluoxetine (Prozac), Sertraline (Zoloft), Escitalopram (Lexapro). Your Healthcare Provider will select the best medication for your child and discuss any possible side effects.



Medical records access



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