



Antidepressants for Children and Adolescents

Antidepressant drugs are an effective way to medically treat depression and anxiety in children and teenagers.

Working with a therapist is also essential.

The FDA has approved certain antidepressants for use in children and teenagers for different types of diagnoses.

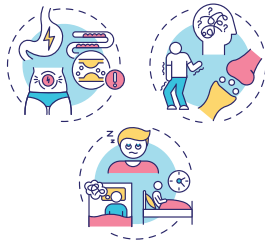
Medications called **SSRIs** are the first-line of medication treatment for youth with depression anxiety.



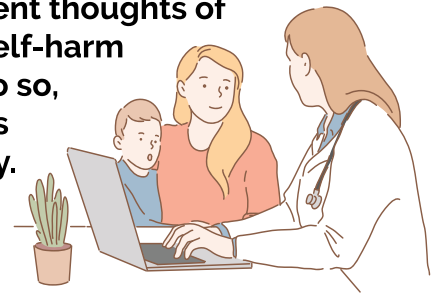
It can take up to 4 to 6 weeks of taking an SSRI regularly for the medication levels in the brain to be steady enough to decrease the symptoms of depression and anxiety. Some people will see positive results after 2 weeks.

The most common side effects of SSRIs:

- Gastrointestinal Symptoms (nausea, stomachaches, and/or diarrhea)
- Headaches
- Agitation
- Sleep Disturbance
- Irritability
- Activation



Studies have shown a rare but increased risk of suicidal thought in teenagers and children taking SSRI medication. If your child expresses new or more frequent thoughts of wanting to die or self-harm or takes steps to do so, contact your child's doctor immediately.



Medication must be taken consistently and not stopped abruptly.

Initially, frequent visits with your child's medical provider will be required to look for side effects and to increase the dose until it is therapeutic this can be every 1-4 months.

Appointments **MUST** be up to date in order to have a medication refill.



For More Information:



on anxiety



on depression

[HatboroPediatrics.com](https://www.hatboropediatrics.com)