

SIDE EFFECTS

You may experience these side effects for several weeks. They will go away on their own. Since they should go away on their own you do not need to call the doctor. Just tell the doctor about it at your next appointment.

Insomnia (not being able to sleep when you are used to)

Drowsiness (feeling sleepy after taking your medicine)

Dry mouth

WHEN TO CALL THE DOCTOR

DO call the doctor right away:

If you experience a rash or hives.

If you become pregnant.

(Hopefully, neither will happen to you while you are on the medication.)

WARNING!!

VERY IMPORTANT MESSAGE

DO NOT take cold or cough medication that has a DM or D.M. on the label. DM is the abbreviation for Dextromethorphan and should not be taken (does not mix) with antidepressants.

EXTRA HELP AND FUN STUFF

A website just for teens
(written by teens)

www.annasgarden.com



Statewide Crisis Hotline:
1-800-885-HOPE
1-800-992-5757

REFERENCES & RESOURCES FOR MORE INFORMATION

Josepha Cheong, M.D., Michael Herkov, Ph.D., Wayne Goodman, M.D. University of Florida Brain Institute "**Facts About Depression**," 1999 Available: www.johnshopkinsinsider.com

C. Edward Koop, M.D., "**All About Depression**," Date Reviewed Sept. 1999, Date Published June 1998, www.drkoop.com

Nevada Division of Child and Family Services. (1999) Statistical Data on Selected DSM-IV Cases. [Electronic Data Base]. Thomas, J. (Producer). Las Vegas, NV

Hipp, Earl. **Help for the Hard Times, Getting Through Loss** (1995). Center City, MN. Hazelden

Joshi MD, Paranjit Toor, (1998). **Is Your Child Depressed?** (On-line). Available: www.johnshopkinsinsider.com

Getting Beyond Depression: Talk, Pills or Both? (1999). Johns Hopkins Health NIMH (National Institute of Mental Health) Sargent, Marilyn (1997) **Depression** NIH Publication No. 94-3561



COOPERATIVE EXTENSION

Bringing the University to You

Fact Sheet-01-10

JUST FOR YOU SERIES FOR TEENS ONLY

Written for teens who have been diagnosed as having "Depression" & those who wonder.

Have you been through really tough personal times recently?

Has it made you angry, sad, dejected?

Is it easier if you just ignore it?

Does it seem like your life will never be right?

Are you apart from your loved ones or family?

Are strangers directing your life?

Too many troubles all at once that you can't correct or control?

If you answered yes to some of the above questions, then this information is "just for you."

Any of the above could make anyone "depressed."



DIAGNOSIS
DEPRESSION

DEPRESSION – YOU CAN LIVE WITH IT

Sharon A. McKearn RN, M. Ed.
Vocational Education Instructor

DEPRESSION - YOU CAN LIVE WITH IT

GENERAL INFORMATION - Many people (adults, teens, and children) suffer from depression at some time in their lives. It is estimated that 6% of youth per year have symptoms of depression. Often times it occurs after a very stressful life change (divorce; moving; change of school; death of a loved one, close friend, or important person in your life).

Depression is a real illness or chronic disease. It has been around since ancient times. Two key biological factors that cause depression are a chemical imbalance affecting the brain and the genes you have inherited. As you can see, you may not have total control of what caused your depression. You are lucky to be living at this time. There are easy ways to control depression and begin to feel better.

Depression is referred to as a mood disorder.

How long can depression last???

No one can answer that.

Each person is different.

For most people though, depression lasts an average of six months. Some people do have a tendency to feel depressed most of their lives. But there is hope for all.

For some, six months of medication and talk therapy is all that is needed to help cope with depression; for others it takes longer.

Some experts say that talking to a therapist or counselor (talk therapy) is very important. If you haven't been assigned one ask, and make sure you attend your sessions.

If after two sessions you don't trust or feel comfortable with your therapist or counselor tell your caseworker. You can be assigned a different therapist.



FEELINGS — When one is depressed any of the following feelings or a combination of several of them may happen. Feeling:

- ◆ On edge
- ◆ Sad
- ◆ Angry
- ◆ Afraid
- ◆ Unable to make decisions
- ◆ Unable to concentrate
- ◆ Overreactive to change
- ◆ No one cares about me
- ◆ The whole world is against me
- ◆ Change in sleeping habits
- ◆ Change in eating habits
- ◆ Not wanting to be around people, even those I like
- ◆ Not wanting to get out of bed and face the day
- ◆ Loss of pleasure or happiness
- ◆ Poor memory
- ◆ Shame
- ◆ Guilt



TREATMENT

How is depression treated? Medication plus talk therapy (with a therapist or counselor) on a routine basis is the usual treatment. After talking to you, a doctor (M.D.) may prescribe medication (pill, capsule or caplet), called an anti-depressant. This medication has to be taken everyday.

WHICH MEDICINE IS USUALLY PRESCRIBED?

At this time in Clark County most teens, with diagnosed depression, are given Prozac or possibly Zoloft. Other medications are used from time to time and new medications are being discovered all the time. Your doctor will tell you which medication has been prescribed for you.



WHAT HAPPENS?

The medication must be taken for several weeks, as prescribed, before most people can see a change. It takes that long to build the correct level of medicine in your body. With the proper level of medicine you will be able to work through your anger or other feelings. You will be able to figure out what you need to do to get through (beyond) this troubling time of your life. You will be able to plan, make decisions, problem solve, and carry through on necessary daily activities with greater ease. You will feel like you have a future, and you will be able to control that future.



Very shortly you will be able to handle your day-to-day problems. You will find it easier to make friends and have friends you can count on. You will know where to go for help and when to ask for help.

GOOD THINGS TO KNOW ABOUT THIS MEDICATION

This type of medicine is not known to be addictive. What this medicine does is balance the chemicals in your brain so you feel less stressed and more in control. By taking this medicine:

- ◆ you will become physically better (healthier) by finding it easier to eat properly and get enough rest (sleep)
- ◆ you will feel ready to face each day
- ◆ fun and happiness will be a real possibility

WHAT YOU CAN DO TO HELP YOURSELF

- ◆ Take your medication
- ◆ Go to your counseling or therapy sessions (Give it at least 3 months)
- ◆ Keep a journal
- ◆ Read about how others have overcome depression
- ◆ Join a teen club or group

