



# PRAIRIE ST. JOHN'S

## Depressive Disorders

### What are the symptoms?

- Depressed Mood (feeling sad or grouchy)
- Losing interest in things
- Sleep problems (difficulty sleeping or sleeping too much)
- Changes in appetite or weight
- Feeling tired
- Difficulty concentrating
- Feeling slowed down
- Feeling worthless (like you are a bad person)
- Feeling that life is not worth living
- Hopelessness (like the future doesn't look good)

### Who can have depression?

People of all ages can have depression. Depression is more common in teenagers than in children. Up to 5% (1 in 20) of teenagers may have a depression in their teenage years.

### What causes depression?

Some types of depression appear to be inherited and may run in some families. Certain people under a lot of stress can develop a depression. Stress can include losing arguments with family, having been physically or sexually abused, or having another medical problem. At other times, the part of the brain that keeps the mood happy doesn't function well. The brain chemicals that are thought to be involved in depression are called serotonin and norepinephrine, among others.

### What may happen to people who have depression?

When not treated, depression in children and teenagers might last for months or years. A person who has had one episode of depression might develop another episode at a later time. Teenagers who have serious depressions may be at risk of developing other psychiatric problems in the future, such as substance abuse and suicide attempts.

### What treatments are available for depression?

Antidepressant Medications		Psychotherapy
<p><b>SSRI's</b></p> <p>Prozac (fluoxetine) Zoloft (sertraline) Paxil (CR) (paroxetine) Luvox (fluvoxamine) Cymbalta (duloxetine) Lexapro, Celexa (citalopram)</p> <p><b>Tricyclics</b></p> <p>Norpramin (desipramine) Pamelor (nortriptyline)</p>	<p><b>Others</b></p> <p>Effexor (venlafaxine) Wellbutrin (XR) (bupropion) Remeron (mirtazipine)</p> <p><b>MAOI's</b></p> <p>Nardil (phenelzine) Parnate (tranylcypromine)</p>	<p>Cognitive Behavioral Therapy Interpersonal Therapy Family Therapy Psychodynamic Therapy</p>