ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

# Depression:

## Demonstration

## Starting an SSRI:

## Talking with Teens and Parents

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

# Danielle

- Danielle makes it clear that she absolutely will never go to therapy. In fact, Danielle isn't even sure she is depressed.
- Danielle's mother is willing to do anything to help her daughter.
- You decide that starting an SSRI, fluoxetine, is your next step.


2

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

# Things to consider and explain:

1. what depression is
2. why you think Danielle has depression
3. what are the treatments for depression


3

# Things to consider and explain:

- 1. what is an SSRI and why are you choosing fluoxetine
- 2. what dose you are starting at and how you plan to increase the medication
- 3. how long will it take for the medication to work
- 4. What side effects do we need to look out for
- 5. How often will Danielle need to come back for visits


4

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

# Dr. Diane, Danielle, Mom


5

