

Tips for talking with your adolescent's doctor

Now that you know more about depression and its treatment options, you may have some questions for your adolescent's healthcare provider. Here are some sample questions you might want to ask.

About your adolescent's treatment plan:

What is your treatment recommendation—medication, talk therapy, or both?

What are the expected results of treatment?

What signs indicate treatment is working, and how soon will I see them?

What will you recommend if this treatment does not work?

What role can family/friends play in supporting our adolescent?

How will we monitor progress, changes in symptoms, and behavior?

Which days and times are best to reach you?

Who can answer our questions when you are unavailable?

About your adolescent's medication: How will we coordinate care between the therapist and healthcare provider who is prescribing medication?

Why have you chosen this particular medication?

How does this medication work, and when should we see results?

How, when, and for how long should my adolescent take the medication?

What if my adolescent forgets to take the medication?

What are the risks and side effects of the medication?

What are the long-term effects of the medication?

Is there anything else we could be doing?

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