

## TIP 01

### Match the Medication to the Symptoms

Prescribe medications for moderate to severe symptoms, persistent symptoms or co-morbid anxiety and depression.  
Use medications in conjunction with therapy.



## TIP 02

### Selecting the Best Medications in the Drug Family

Fluoxetine, Escitalopram and Sertaline have the most evidence for efficacy in children and adolescent depressive disorders.



## TIP 03

### Evidenced Based Dosing Strategies

Start low and go slow to minimize side effects and improve tolerability  
Full effect may take 4-6 weeks; No positive effect in 2-4 weeks, increase dose. Response is different for each patient.  
Educate parents on need for dosage increases for full response.



## TIP 04

### Side Effects

Side effects can be transient.  
If mild → continue current dose and monitor.  
If moderate → decrease dose and monitor.  
If severe → discontinue medication and switch to alternative SSRI.



## TIP 05

### Safety Considerations

Black Box Warning for *increased suicidal thoughts* NOT suicide attempts or completion.  
Follow closely when initiating; 2-4 weeks.  
Generally safe, effective and well tolerated.

