

# Parent Concerns

“I’ll wait until they grow out of this phase.”



They need medical attention, not time

“I don’t want to label my child.”



You would seek help for other medical conditions regardless of the implications

“My teen refuses to see someone,” or  
“My teen will be mad at me.”



Your teen’s objection would not stop you from taking them to a doctor for a physical condition. It is your role to keep them healthy and safe.

“I don’t know where to go.”

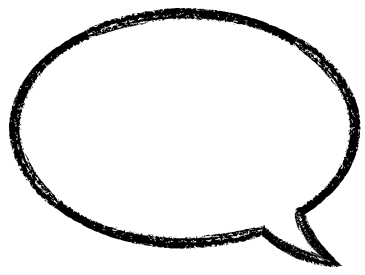


Ask a school counselor, your pediatrician, or refer the suggestions mentioned earlier in this video

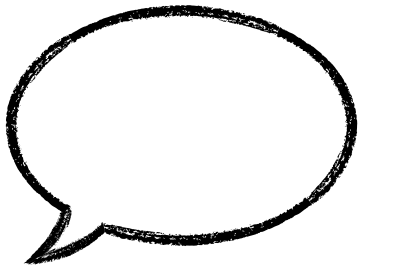
“I don’t want my child to take medication. I hear it has side effects, is dangerous, and hasn’t been tested.”



Anti-depressant medications have been tested. Teens and parents should monitor symptoms and mood for both positive effects and side effects.



# When a Child/Teen Refuses



“I can handle it myself,” or “This will go away on its own.”



“You are strong, and this is a medical condition that needs attention from a doctor, not time.”

“I’m not crazy.”



“That’s true. You have a medical condition that can be treated so you feel better.”

“I don’t want to be locked up in a hospital.”



“Most people with depression don’t need to be in a hospital because there are effective ways to treat depression.”

“I don’t want to take medications.”



“We don’t know if medications are necessary, but if they are, we know they are safe and will help you feel better.”

“I don’t want to talk about this.”



“I understand if you are uncomfortable. It’s my job to keep you safe and healthy, and to get you the medical care that you need.”