

Depression and Anxiety Medication: Pediatric Dosing (mg)

	Starting dose*	Effective dose ψ		Max dose	Notes
		Depression	Anxiety		
FLUOXETINE (Prozac®)	5-10	10-20	30-40	60	activating FDA approved: 8+ depression
SERTRALINE (Zoloft®)	25	25-50	100-150	200	sedating (qhs) Best evidence for anxiety
CITALOPRAM (Celexa®)	10	10-20	30-40	40	few med interactions
ESCITALOPRAM (Lexapro®)	5	5-10	15-20	20	few med interactions FDA approved: 12+ depression
SNRI Duloxetine (Cymbalta®)	20-30	30	60	60	nausea FDA approved: 7+ anxiety

Consider **Guanfacine ER** (Intuniv®) 0.1 mg/kg/day, up to 4-6 mg for anxiety

* Wait 4 weeks before increasing by this dose increment. Children <10: Consider starting at ½ starting dose.
 ψ Once at an effective dose, maintain x 9-12 months. Can then decrease by ½ every 4 weeks.
 All of the SSRIs listed above are available in liquid.

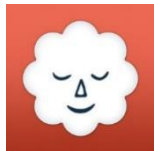
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- As your body adjusts to the new medication, you may feel too sleepy, have trouble sleeping, or have an upset stomach. These side effects should go away in a few days. Around 1-2% of people who take this medication may feel worse (more irritable, agitated). Most people feel much better after a few weeks, and you should see a big difference after 4-6 weeks.

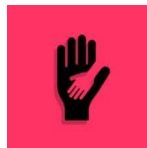
Free Apps for Anxiety/Depression/Mindfulness



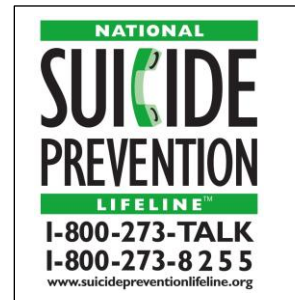
Headspace



Stop, Breathe & Think



What's up?



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