



## Priory therapy services

# Child and adolescent depressive disorders

## What is a depressive disorder?

Depressive disorders are characterised by sad, empty or irritable moods which affect an individual's ability to function. It is a common medical condition, just like high blood pressure, diabetes or asthma. Depression is not a sign of weakness, nor is it a state that you can just 'snap out of'.

About 5% of children and adolescents suffer from depression at any given time.

Low mood and depression also occur in the context of bipolar disorder, and frequently accompanies other conditions such as substance misuse and anxiety disorders.



## What are the symptoms of depression?

Depression is sometimes confused with feelings of sadness and loss. It is when these feelings begin to prevent you from leading your usual day-to-day life that help should be sought. The symptoms of depression are different for each person and may include:

- + Unexplained physical complaints
- + Irritability
- + Suicidal thoughts or self-harm
- + Loss of interest or pleasure
- + Weight loss/gain
- + Poor sleep
- + Loss of energy
- + Feelings of worthlessness or guilt
- + Poor concentration
- + Persistent sadness



**86%**

of patients undergoing therapy saw a reduction in their levels of anxiety

**85%**

of patients undergoing therapy saw a reduction in their levels of depression

## How can Priory help?

**Priory works with leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.**

Using the latest evidence-based practices, our experts offer specialist therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation, both in terms of the specialist team and treatment the delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around school and work hours, including evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals, allowing for a wider support network and movement into inpatient or day care if required.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies - check your policy to see what cover is available to you.

**100%**

of patients were satisfied with the overall quality of care received

**98%**

of patients would recommend us to a friend



## Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers the support you need, please contact us today:

**Call: 0800 840 3219**

**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

**Visit: [priorygroup.com](https://www.priorygroup.com)**

For the most up to date information on our services, please visit our website.