

Depression in Teens

by Lora Collier, MD, Esse Health Pediatrician

Have you noticed that your teenager has been more down recently, has been irritable, has had worsening grades or is ignoring extracurricular activities? If so, consider depression as a possible cause.

Depression is common, affecting up to 10 to 20 percent of teens at some point in their adolescence. While depression can be difficult to identify, it is important to recognize because untreated depression can have serious consequences.

Click [here](#) to read more about depression in teens.

Click [here](#) for more information about Lora Collier, M.D.



Esse Health in the News

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["Keeping Kids Active,"](#)

Dr. Matt Dougherty interviewed by STLMoms (FOX 2)

["Finding Your Pediatrician,"](#)

Dr. Josh Madden interviewed by STL Family (p.48)

["Allergy season gets off to early start in St. Louis,"](#) Dr. William Johnson interviewed by St. Louis Post-Dispatch

["Registration open now for Senior Olympics,"](#)

Dr. Sean McLaughlin interviewed by KPLR 11

["Crestwood Pediatrician, Lindbergh Dining Services Weigh In on Importance of Breakfast,"](#)

Dr. Kristen Terrill interviewed by Sunset Hills-Crestwood Patch



Dr. William Johnson looks over patient data.
Photo by Johnny Andrews

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Join Us as We Support the AHA & Senior Olympics

American Heart Association Walk, Saturday, May 19th:

- Around 200 of our employees, family members and patients will be walking to raise awareness of heart disease and raise funds to support cardiovascular research and educational programs for St. Louis!
- Interested in joining our team? Visit www.metrostlouisheartwalk.org, click on Find a Company and look for Esse Health; or email Claire Leffler at cleffler@essehealth.com.

St. Louis Senior Olympics, Memorial Day Weekend:

- The Senior Olympics promote the health and wellness of those 50 years or better. We'll be running the Football Throw for Accuracy and Distance on Monday, May 28th!
- Sign up to be an athlete or to volunteer: www.stlouisseniorolympics.org/



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