

## **Guidelines for Mood Disorder Referrals**

Please review the following information closely before submitting your referral to ensure appropriateness of referral to adolescent medicine, and completeness of referral information. **Failure to adhere with the guidance below may result in patient care delays.**

Our Adolescent Medicine providers are able to prescribe medication treatment for uncomplicated depression and/or anxiety. We are not trained to provide therapy. If your patient desires therapy services, please refer them to Psychology or other therapy providers.

Patients referred for mood disorder treatment will be offered our first available appointment. If your patient has active suicidal ideation or has made a suicide attempt, please refer them to the nearest emergency room for immediate psychiatric evaluation.

If your patient experiences psychosis, suffers from multiple psychiatric diagnoses, or requires psychiatric poly-pharmaceutical treatment, they may not be considered appropriate for care by adolescent medicine providers. Please refer to Psychiatry for subspecialty care.

Our providers do not treat substance abuse or addiction concerns. Consider referral to an addiction treatment specialist. Information about substance use treatment services can be found on the [Texas Health and Human Services website](#).