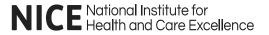
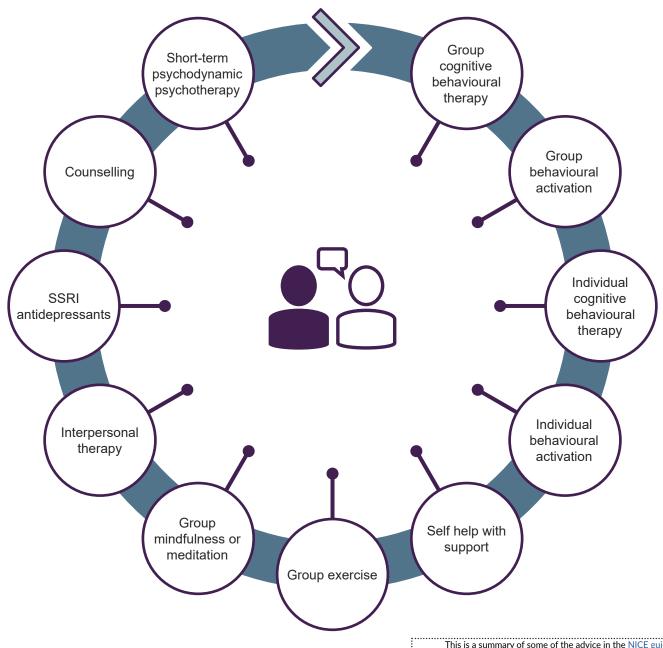
Depression in adults: choosing a first-line treatment for less severe depression

If the person has
no preference:
move clockwise from
the start (>) around
the cycle of options,
and reach a shared
decision on which
treatment to try first

If the person has a clear preference, or experience from previous treatment to use as a guide: support the person's choice, unless there are concerns about suitability for this episode of depression

Do not routinely offer antidepressants as a first-line treatment, unless that is the person's preference





This is a summary of some of the advice in the NICE guideline on depression in adults: recognition and management.

© NICE 2021. All rights reserved. Subject to Notice of rights.