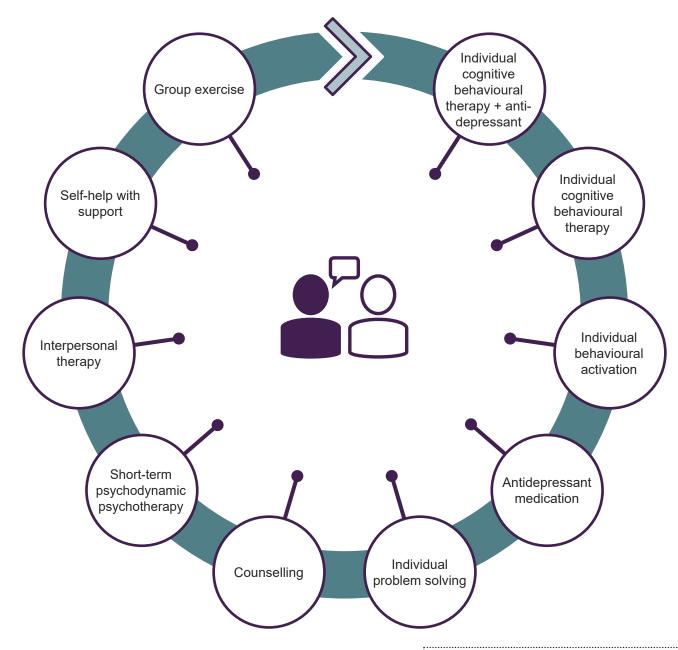
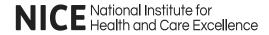
## Depression in adults: choosing a first-line treatment for more severe depression

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





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

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