



Decision support tool: making decisions about managing depression

Decision aids

Published: 5 September 2024

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This tool will help you compare possible treatment options.

It is for adults with depression. Depression affects different people in different ways. Thinking about the different options can help you choose what's best for you at the moment.

There may be different people involved in your care, such as members of your GP team, and other professionals such as counsellors and psychologists. We call them your health and care team.

This resource was produced by NICE on behalf of NHS England.

See the [decision support tool: making decisions about managing depression](#) on the NHS England website.