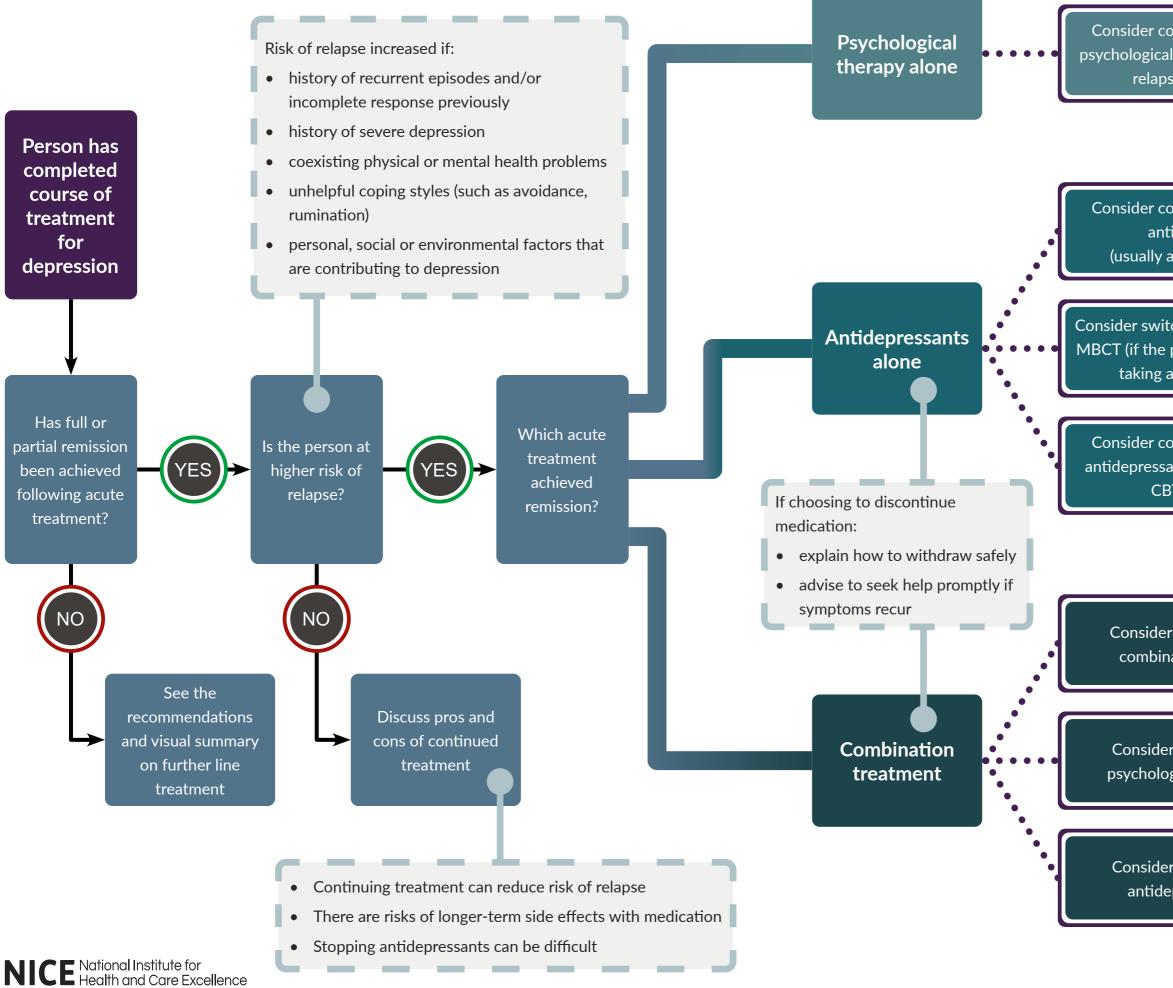
Depression in adults: preventing relapse



Consider continuing with same psychological therapy (adapted for relapse prevention)

Consider continuing with same antidepressant (usually at the same dose)

Consider switching to group CBT or MBCT (if the person wishes to stop taking antidepressants)

Consider continuing with same antidepressant and adding group CBT or MBCT Review at least every 6 months for antidepressant medication, or when finishing relapse prevention treatment for psychological interventions

Consider continuing with combination treatment

Consider continuing with psychological therapy only

Consider continuing with antidepressants only

This is a summary of some of the advice in the <u>NICE guideline on depression in adults: treatment and management.</u> © NICE 2022. All rights reserved. Subject to <u>Notice of rights</u>.