Depression in adults: the matched care model

Choice of treatment is based on:
• the severity of the problem
• past experiences of treatment
• the person’s preferences

**Focus of the interventions**

1. **All known and suspected presentations of depression**
   - Assessment, referral, psychoeducation, active monitoring and support

2. **Less severe depression**
   - High-intensity or low-intensity psychological and psychosocial interventions, medication

3. More severe depression, or less severe depression with limited response to initial interventions
   - Medication, high-intensity psychological interventions, combined treatments

4. Chronic depression, psychotic depression, and depression with personality disorder
   - Medication, high-intensity psychological interventions, ECT, crisis service, combined treatments, multiprofessional and inpatient care

**Nature of the interventions**

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